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Family favourites they'll all love

Who says everyday food is boring? With these deliciously easy, no-fail recipes, you'll never be stuck for ideas again!

Easy comfort food

Creamy chicken, mushroom & parsley gnocchi

Forget the virtuous tomato sauce – this is a deliciously indulgent way with gnocchi!

Serves 4-6 • Ready in 25 mins • 542-361 cals per serving • 26-17g fat • 14-9g sat fat • 1 of your 5-a-day

- ☐ 20g butter
- ☐ 2 garlic cloves, thinly sliced
- ☐ 4 shallots, peeled and chopped
- ☐ 1tbsp olive oil
- ☐ 350g mushrooms, sliced
- ☐ 250g cooked chicken, torn into shreds
- ☐ 227ml pot single cream
- ☐ 100ml milk
- ☐ grating of fresh nutmeg
- ☐ 500g pack fresh potato gnocchi
- ☐ small bunch flat-leaf parsley, roughly chopped
- ☐ 50g Parmesan, finely grated
- ☐ spinach salad, to serve

1 Melt the **butter** in a large sauté or frying pan. Add the **garlic** and **shallots**; cook over a medium heat for a few mins until softened.

2 Add the **oil** and **mushrooms**, increase heat and cook for 6-8 mins, until golden. Stir in the **chicken**, **cream**, **milk** and **nutmeg** and season well. Simmer for 2 mins.

3 Heat grill to high. Meanwhile, cook the **gnocchi** as per pack instructions, drain well and add to the sauce. Stir in the **parsley** and half the **cheese**. Transfer to a large ovenproof baking dish, sprinkle with the remaining **cheese** and grill for 4-5 mins until golden and bubbling. Serve with **spinach salad**.

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cut out and keep

Harissa turkey wraps

Low in cals, but packed with flavour – what's not to love?

Serves 4 • Ready in 25 mins • 482 cals per serving • 17g fat • 5g sat fat • 2 of your 5-a-day

- ☐ 500g turkey breast fillet, cut into chunky strips
- ☐ 1tsp harissa paste, or more if your prefer it hotter
- ☐ ½ small red cabbage, finely shredded
- ☐ juice of ½ lemon, plus lemon wedges to serve
- ☐ 1 small red onion, thinly sliced
- ☐ 1tbsp olive oil
- ☐ 200g pack reduced-fat houmous
- ☐ 2tbsp natural yogurt
- ☐ 4 x wholemeal bread wraps
- ☐ 2 little gem lettuces

1 Toss the **turkey** with the **harissa paste** to coat; leave to marinate for at least 10 mins. Meanwhile, in separate bowls, mix the **red cabbage** with a squeeze of **lemon juice** and a pinch of salt. Repeat with the **red onion** and leave for at least 10 mins.

2 Heat a large frying pan. Add the **oil** and cook the turkey over a medium heat for 4–5 mins, turning, until cooked through.

3 Mix the **houmous** with the **yogurt**. Warm the **wraps** in the oven, spread with a little houmous and fill with the cabbage, red onion, **lettuce** and a few strips of turkey. Serve with **lemon wedges** to squeeze over.

Healthy midweek supper

tip Pork fillet and chicken breast would also taste great, and they're low in fat, too.

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CHEESY POLENTA RECIPE FROM *BREAKFAST & BRUNCH* BY TONIA GEORGE. PHOTO: JONATHAN GREGSON. (£16.99, RYLAND, PETERS & SMALL). SEE OUR SPECIAL BOOK OFFER ON PAGE 161

Cheesy polenta, sausage & red onion

The secret to tasty polenta is plenty of cheese and seasoning.

Serves 4 • Ready in 45 mins
• 846 cals per serving
• 60g fat • 22g sat fat
• 0 of your 5-a-day

- ☐ 12 pork sausages
- ☐ 2 red onions, peeled, cut in wedges
- ☐ handful fresh sage leaves
- ☐ 6tbsp olive oil
- ☐ 150g instant polenta
- ☐ 1tbsp thyme leaves, chopped
- ☐ 50g Parmesan, grated
- ☐ 200g feta, crumbled

1 Heat oven to Mark 5/190°C. Put the **sausages** and **onions** in a roasting tin. Scatter with **sage**, drizzle with 2tbsp of **oil** and toss together. Roast for 30–35 mins, until golden and cooked through.
2 Boil 650ml water with pinch of salt and 1tbsp oil. Remove from heat and add the **polenta**. Mix vigorously with wooden spoon.
3 Return to low heat for 2-3 mins, stirring. Remove from heat, beat in **thyme** and **cheeses**; season. Spoon into a greased, 20cm square tin and leave to set.
4 Cut the polenta into 8 triangles and fry in remaining oil for 2-3 mins each side, until golden. Serve with the sausage mixture.

tip **Don't fancy shellfish? Cooked chicken works just as well – just ensure you reheat it thoroughly.**

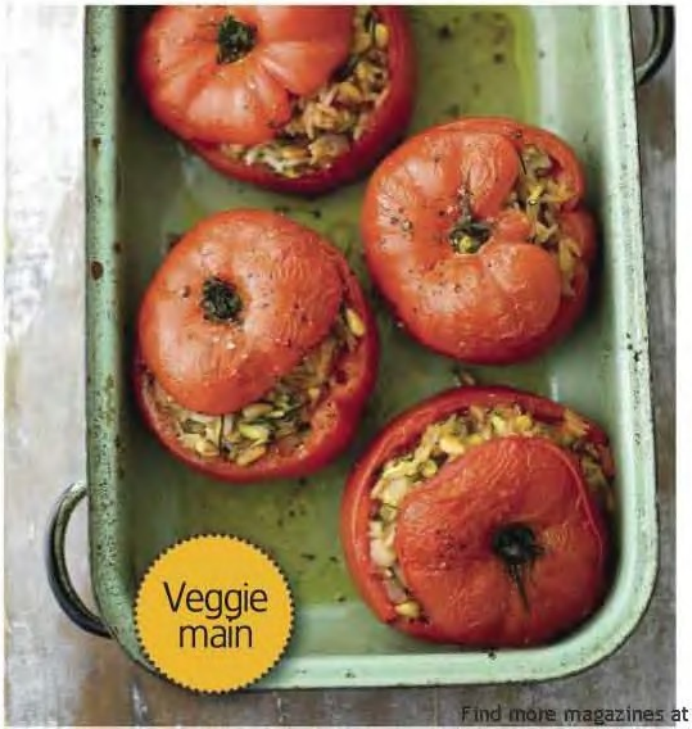
Easiest-ever Thai crayfish curry

You can never have too many curry recipes!

Serves 4 • Ready in 15 mins
• 390 cals per serving • 19g fat
• 12g sat fat • 2 of your 5-a-day

- ☐ 1tbsp sunflower oil
- ☐ 2 green peppers, deseeded and sliced
- ☐ 1 large onion, peeled and sliced
- ☐ 2-3tbsp Thai green curry paste
- ☐ 1-2tsp crushed Kaffir lime leaves
- ☐ 600g cooked potatoes, sliced
- ☐ 160ml can coconut cream
- ☐ 1tsp light brown soft sugar
- ☐ 1-2tsp fish sauce
- ☐ 180g cooked drained crayfish tails or 200g cooked large prawns
- ☐ chapatti or rice, to serve

1 Heat **oil** in a pan. Add **peppers** and **onion** and cook for 3 mins; add **curry paste** and **lime leaves** and cook for 1 min.
2 Stir in the **potatoes**, **coconut cream**, **sugar** and **fish sauce**. Bring to boil, simmer for 2 mins; stir in **crayfish** to heat through.



Moroccan rice-stuffed tomatoes

Great for veggies, or as an all-in-one side to go with roast lamb.

Serves 4 • Ready in 35 mins
• 211 cals per serving • 9g fat
• 1g sat fat • 1 of your 5-a-day

- ☐ 4 large beef-steak tomatoes
- ☐ 1tbsp olive oil
- ☐ 1 courgette, coarsely grated
- ☐ 2tbsp pine nuts
- ☐ 1 red onion, peeled and finely chopped
- ☐ 2tsp Ras el hanout spice mix
- ☐ 6 dried apricots, finely chopped
- ☐ 250g pack cooked flavoured rice (we used Tilda Roasted Red Pepper and Courgette Basmati)
- ☐ few sprigs fresh mint, chopped

1 Heat oven to Mark 6/200°C. Slice the top off each **tomato** and use a teaspoon to scoop out flesh. Roughly chop the flesh from 2 tomatoes; discard rest.
2 Heat **oil** in a frying pan. Add **courgette**, **pine nuts**, **onion**, **ras el hanout** and **apricots**, cook for 5 mins. Stir in reserved tomato flesh, cook for 1 min.
3 Add **rice** and **mint** to pan. Stir, spoon into tomatoes. Top with lids and bake for 15-20 mins.

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cut out and keep

Chicken 'n' chips

Much healthier than your local chippie – but the kids won't notice!

Serves 4 • Ready in 45 mins • 470 cals per serving • 14g fat • 2g sat fat • 0 of your 5-a-day

FOR THE BAKED OVEN CHIPS
- ☐ 4 medium baking potatoes, peeled and cut into 1x2cm chips
- ☐ 3tbsp sunflower oil
- ☐ ¼tsp celery salt
- ☐ ¼tsp garlic salt

FOR THE CHICKEN GOUJONS
- ☐ 3 medium free-range chicken breast fillets, about 450g
- ☐ 4tbsp plain flour
- ☐ 2 medium free-range eggs, beaten
- ☐ 75g white breadcrumbs

1 Heat oven to Mark 7/210°C. Mix **potatoes** with 1tbsp **oil** and the **salts**, season with black pepper, and arrange on a large non-stick baking tray. Bake for 30–35 mins, turning halfway.
2 Slice each **chicken breast** into 1.5cm-thick strips. Mix with **flour**, then dip each slice in the **egg** and roll in **breadcrumbs**.
3 Fry the **goujons** in the oil for 2 mins each side, until golden. Bake with the **chips** for the final 15 mins, until cooked through.

Tomato, tuna & cheese penne

A great option for those can't-be-bothered-to-shop days.

Serves 4 • Ready in 25 mins • 720 cals per serving • 33g fat • 5g sat fat • 1 of your 5-a-day

- ☐ 100ml white wine
- ☐ 400g can chopped tomatoes
- ☐ 190g jar red pepper or tomato pesto
- ☐ 300g penne
- ☐ few sprigs basil, leaves only, torn
- ☐ 400g can sustainably sourced tuna in brine, drained
- ☐ 100g firm mozzarella, grated
- ☐ 25g Parmesan, finely grated

1 Heat oven to Mark 6/200°C. Pour **wine** and **tomatoes** into a pan, bring to the boil and simmer for 5 mins. Stir in **pesto**, season.
2 Cook **pasta** for 2 mins less than pack instructions. Drain well and add to the **sauce**. Stir in the **basil** and **tuna** and transfer to a large baking dish. Scatter with **cheese** and bake for about 15 mins, until deep golden.

QUICHE RECIPE FROM *BREAKFAST & BRUNCH* BY TONIA GEORGE. PHOTO: JONATHAN GREGSON (£16.99, RYLAND, PETERS & SMALL). SEE OUR SPECIAL BOOK OFFER ON PAGE 161

English breakfast quiche

Perfect for brunch, we love this modern take on the classic fry-up.

Serves 6 • Ready in 1 hr 15 mins • 721 cals per serving • 58g fat • 25g sat fat • 0 of your 5-a-day

- ☐ 375g pack ready-rolled shortcrust pastry
- ☐ 4 pork sausages
- ☐ 200g cherry tomatoes, halved
- ☐ 200g bacon lardons
- ☐ 200g button mushrooms, halved
- ☐ 1tbsp olive oil
- ☐ 300ml crème fraîche
- ☐ 3 large free-range eggs, beaten
- ☐ 1tsp English mustard powder

1 Heat oven to Mark 6/200°C. Roast the **sausages** in a tin for 10 mins. Add the **tomatoes**, **bacon** and **mushrooms**, drizzle over **oil** and roast for further 15–20 mins.
2 Line a 25cm loose-bottomed tart tin with the **pastry**. Prick base, line with baking paper and fill with baking beans. Bake for 8 mins.
3 Remove beans and paper and reduce heat to Mark 2/150°C. Return to the oven for 2–3 mins.
4 Slice the **sausages** and scatter into the pastry case with rest of roasted ingredients. Mix **crème fraîche**, **eggs** and **mustard** and pour into case. Bake for 30–35 mins, then turn off oven; leave to cool with door open for 15 mins.

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Steak & fried egg baps with mustard butter

Worth ditching your diet for just one night (go on – you know you want to!)

Serves 2 • Ready in 20 mins • 1141 cals per serving • 78g fat • 38g sat fat • 0 of your 5-a-day

- ☐ 100 g butter, softened
- ☐ 2tsp wholegrain mustard
- ☐ ½tsp English mustard powder
- ☐ 1tsp Gentleman's Relish or anchovy paste (optional)
- ☐ 1tbsp fresh tarragon leaves, chopped
- ☐ 2 white baps, halved horizontally
- ☐ 2x250g rib-eye or sirloin steaks, roughly 1.5 cm thick
- ☐ 3tbsp olive oil
- ☐ 2 large free-range eggs

Hunger buster

1 In a bowl, beat the **butter** add the **mustard**, **mustard powder**, **relish** if using and **tarragon** and season. Beat together and use to butter the baps.

2 Brush the **steaks** with 1tbsp of **oil**; season. Cook on a very hot griddle 2–4 mins each side. Then cut off any excess fat and leave to rest.

3 In a pan, fry **eggs** in the remaining oil, flipping them over but leaving the yolk with a bit of ooze. Place a steak in each bap and top with an egg.

tip Press the centre of the steak to check how well cooked it is. If soft it's rare; a light yield means it is medium.

STEAK & FRIED EGG BAPS FROM *BREAKFAST & BRUNCH* BY TONIA GEORGE. PHOTO: JONATHAN GREGSON (£16.99, RYLAND, PETERS & SMALL). SEE OUR SPECIAL BOOK OFFER ON PAGE 161

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cut out and keep

Cheesy haddock mornay

Made from freezer and store-cupboard basics, so no extra shopping!

Serves 4 • Ready in 45 mins
• 380 cals per serving • 19g fat
• 11g sat fat • 1 of your 5-a-day

- ☐ 4x150g frozen haddock or other white fish fillets
- ☐ 6 tomatoes, halved
- ☐ 25g butter
- ☐ 25g plain flour
- ☐ 1tsp English mustard powder
- ☐ 300ml semi-skimmed milk
- ☐ 125g extra-mature Cheddar, grated

TO SERVE

- ☐ 300g steamed broccoli,
- ☐ chunky oven chips

1 Heat oven to Mark 6/200°C. Arrange the **fish** in an ovenproof dish, leaving a little space between each. Season. Arrange the **tomatoes**, cut-side up, in another smaller baking dish; season. Bake both at the same time. Remove fish from oven after 15 mins; drain off liquid. Leave tomatoes to cook for a further 10 mins.

2 In a pan, melt **butter**; add **flour** and **mustard** to make a paste and cook for 2 mins. Gradually stir in **milk**, a large splash at a time, until the sauce is smooth and thickened.

3 Remove from the heat, whisk in three-quarters of **cheese**; pour over the fish. Sprinkle with remaining cheese, then return to oven for 10-15 mins until bubbling and golden. Pop under a hot grill for 2 mins to brown. Serve with the tomatoes, **broccoli** and **chips**.

tip Try with frozen salmon: omit mustard and use a mild cheese, such as a garlic and herb Boursin, in place of Cheddar.

Easy classic

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Best-ever warm seasonal salad

Make the most of spring veg by packing them into this tasty salad.

Serves 4 • Ready in 20 mins
• 320 cals per serving • 16g fat
• 3g sat fat • 0 of your 5-a-day

- ☐ **600g small new potatoes**
- ☐ **250g bunch asparagus, trimmed and halved**
- ☐ **small bunch mint**
- ☐ **small bunch flat-leaf parsley**
- ☐ **2tbsp capers**
- ☐ **Juice of 1½ lemons**
- ☐ **3tbsp mild extra virgin olive oil**
- ☐ **190g can white crab meat (or fresh if you prefer), drained**
- ☐ **4 medium hardboiled eggs, cooled, shelled and roughly chopped**

1 Cook **potatoes** in boiling water for 12–15 mins until tender; remove to a plate with a slotted spoon. Add **asparagus** to pan and cook for 2–3 mins; drain and refresh under cold water.
2 Whizz **mint**, **parsley**, **capers**, **lemon juice** and **oil** in a blender until finely chopped. Season well.
3 Toss the warm potatoes in the dressing and divide between four plates. Top with asparagus, **crab** and **eggs** and serve.

GARLIC MUSHROOMS ON TOAST: RECIPE FROM *BREAKFAST & BRUNCH* BY TONIA GEORGE. PHOTO: JONATHAN GREGSON (£16.99, RYLAND, PETERS & SMALL). SEE OUR SPECIAL BOOK OFFER ON PAGE 161

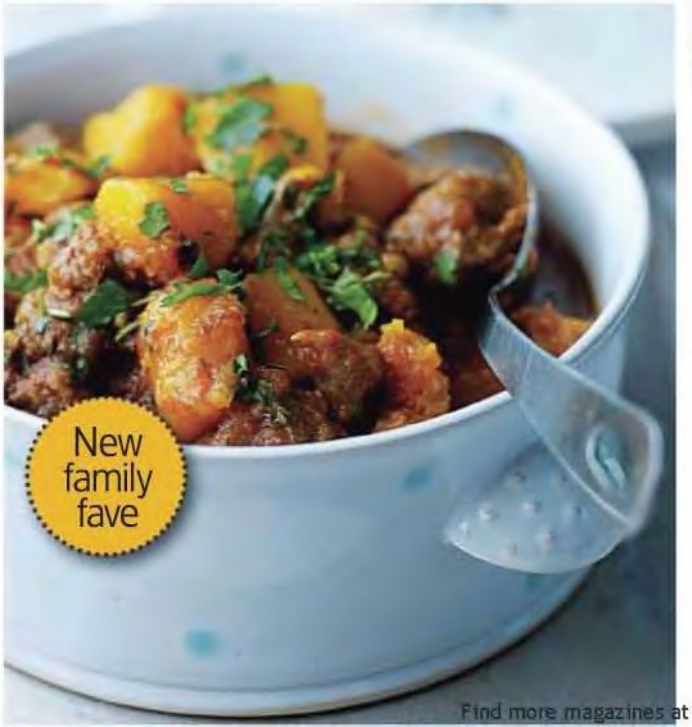
Garlicky mushrooms on toast

Friends staying over? Serve them this and they'll come again.

Serves 4 • Ready in 20 mins
• 338 cals per serving • 23g fat
• 8g sat fat • 0 of your 5-a-day

- ☐ **8 field mushrooms**
- ☐ **3 garlic cloves, crushed**
- ☐ **3tbsp olive oil**
- ☐ **25g pine nuts**
- ☐ **2tbsp balsamic vinegar**
- ☐ **4 slices of sourdough bread**
- ☐ **150g fresh goats' cheese (mild with no rind) or ricotta**
- ☐ **small handful fresh tarragon, chopped, to serve**

1 Heat oven to Mark 6/200°C. Put the **mushrooms**, **garlic** and **oil** in a roasting tray. Toss well and season. Roast for 15 mins, until tender, adding the **pine nuts** and **vinegar** halfway through.
2 Toast the **bread** and spread with the **goats' cheese**.
3 Arrange the mushrooms on top, stalk side up, scatter with the **tarragon** and serve.



Beef & squash red curry

Mild and creamy with a bit of a kick – the whole family will love it!

Serves 4 • Ready in 2 hrs
• 480 cals per serving • 25g fat
• 11g sat fat • 2 of your 5-a-day

- ☐ **600g braising beef, cut into chunks**
- ☐ **3tbsp sunflower oil**
- ☐ **1 large onion, peeled and chopped**
- ☐ **2–3tbsp Rendang or Thai Red curry paste**
- ☐ **165g can coconut milk**
- ☐ **300ml hot, strong beef stock**
- ☐ **1 medium butternut squash (about 1kg), peeled, deseeded and cut into 3cm chunks**
- ☐ **small bunch coriander, roughly chopped**

1 In a bowl, mix **beef** with 2tbsp **oil** until coated, and brown in a non-stick pan in batches. Set aside. Heat remaining oil in a casserole; add **onion** and cook for 5 mins until soft. Add beef.
2 Stir in the **curry paste**; cook for 2 mins, add **coconut milk** and **stock**; bring to the boil, then simmer gently, loosely covered, for 1 hr. Add **squash** and cook for a 25 mins more. Stir in **coriander**, reserving a little to garnish.

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No-faff falafel

Not tried falafel? This will convert you – it's so tasty and filling,

Ready in 40 mins • Serves 4 • 533 cals per serving • 45g fat • 9g sat fat • 1 of your 5-a-day

- ☐ 200g pack falafel mix (we used Orgran)
- ☐ ¼tsp ground cumin
- ☐ ½tsp paprika
- ☐ pinch chilli flakes (optional)
- ☐ 2tbsp extra virgin olive oil
- ☐ 100g feta, finely chopped
- ☐ 3tbsp sunflower oil
- ☐ 200g tub houmous
- ☐ 2tsp mint sauce
- ☐ few sprigs fresh mint, finely chopped
- ☐ 300g tub coleslaw
- ☐ pitta breads, to serve

1 Put the **falafel mix** in a bowl. Add **spices** and water, following pack instructions. Mix in **olive oil** and **feta**; leave to thicken for 15 mins. Shape mix into 12 small patties. Chill for 5 mins.
2 Heat oven to Mark 6/200°C. Fry falafel for 3-4 mins in the **sunflower oil** until golden, then bake on a baking tray for 5 mins.
3 Mix the **houmous** with **mint sauce** and **mint**. Season well and serve with the falafel, **coleslaw** and **pitta bread**.

Posh salmon linguine

So sophisticated – perfect for when you want to impress.

Serves 4 • Ready in 20 mins • 658 cals per serving • 29g fat • 12g sat fat • 0 of your 5-a-day

- ☐ 400g boneless, skinless salmon fillet
- ☐ 200ml dry white wine
- ☐ large bunch spring onions, sliced
- ☐ 150g petit pois, defrosted
- ☐ 125ml double cream
- ☐ 300g linguine
- ☐ small bunch dill, roughly chopped
- ☐ small bunch parsley, chopped
- ☐ small bunch mint, chopped
- ☐ zest of 1 lemon

1 Put **salmon** in a pan, pour over **wine**, bring to boil and simmer for 8 mins, turning halfway, until just cooked. Set salmon aside.
2 Strain **wine** into a pan and boil until reduced by half. Add **onions** and **peas**, cook for 1 min; season. Add **cream**, bring to a boil, remove from the heat and flake in salmon.
3 Cook the **linguine** as per pack instructions and add to sauce. Stir in **herbs** and **zest** to serve.

Pesto-crusted lamb cutlets

Sunday lunch gets a make-over with this Med-inspired roast.

Serves 4 • Ready in 20 mins • 410 cals per serving • 26g fat • 8g sat fat • 0 of your 5-a-day

- ☐ 1tbsp oil
- ☐ 8 lamb cutlets, about 750g in total
- ☐ 4tbsp basil pesto
- ☐ 40g fresh white breadcrumbs
- ☐ 20g chopped hazelnuts
- ☐ 20g Parmesan, finely grated

TO SERVE

- ☐ steamed asparagus
- ☐ boiled new potatoes (Jersey Royals, if you can get them)

1 Heat oven to Mark 5/190°C. Heat **oil** in a large frying pan, add **lamb** and cook over a high heat for 1 min each side. Transfer to a baking tray.
2 Spread ½tsp **pesto** onto top of each cutlet; mix remainder with **breadcrumbs**, **hazelnuts** and **Parmesan**. Lightly press crumb mixture onto cutlets; bake for 12-15 mins until cooked through. Serve with **new potatoes** and **asparagus**.

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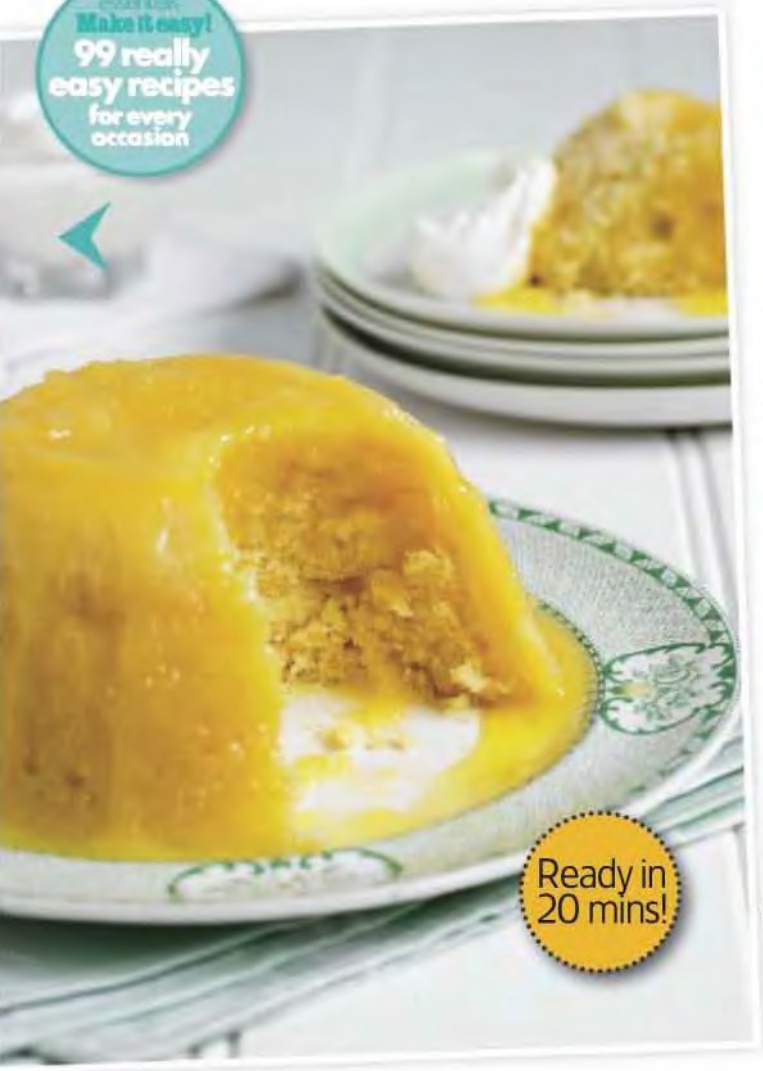

Tangy lemon pud

Forget steaming a pud for hours – this microwave version takes minutes (and tastes fab, too).

Serves 6-8 • Ready in 20 mins
• 481-361 cals per serving
• 26-19g fat • 14-11g sat fat
• 0 of your 5-a-day

- ☐ **150g self-raising flour, sifted**
- ☐ **150g caster sugar**
- ☐ **150g butter, softened**
- ☐ **3 medium free-range eggs**
- ☐ **zest of 2 lemons, and 4tbsp juice**
- ☐ **150g lemon curd**
- ☐ **custard or cream, to serve**

1 Lightly butter a 2 pint/1.1 litre pudding basin. In a bowl, using an electric hand whisk, beat together the **flour**, **sugar**, **butter**, **eggs**, **lemon zest** and 2tbsp **juice** for 2 mins until pale and thick. Spoon into basin, making a small hollow in the centre of the pudding.
2 Microwave on high for 5 mins (about 850W), or until springy to the touch in the middle. Remove from microwave and leave for a few mins, before turning out onto a plate.
3 Meanwhile, mix the **lemon curd** with the remaining lemon juice in a small bowl or jug. Microwave the sauce for about 30 secs until it becomes runny. Stir, then pour half over the sponge, leave to soak in for a few mins, then top with the remainder. Serve with **custard** or softly whipped **cream**.

tip **Orange curd or raspberry jam make equally scrummy sauces.**

Cheats' berry-nut crumble

This couldn't be easier to assemble. Just raid your cereal box, and hey presto – pudding's ready!

Serves 6 • Ready in 35 mins
• 240 cals per serving • 10g fat
• 5g sat fat • 0 of your 5-a-day

- ☐ **350g frozen mixed berries**
- ☐ **1tsp vanilla extract**
- ☐ **4tbsp light muscovado sugar**
- ☐ **50g butter**
- ☐ **200g nutty crunch muesli (we used Kellogg's Nature's Pleasure Almond, Pecan and Cashew Crunch Muesli)**
- ☐ **clotted cream, to serve**

1 Heat oven to Mark 5/190°C. Put the **berries** into a 1-1.5 litre ovenproof dish; bake for 10-15 mins, until warm. Remove from the oven and sprinkle with the **vanilla** and 1tbsp **sugar**.
2 Meanwhile, gently heat the **butter** and remaining sugar together in a pan until liquid. Bring to the boil, then simmer gently until the mixture forms a toffee-like syrup. Remove from the heat, stir in the **cereal** until it's well coated, then spoon over the half-cooked **berries**. Bake for 15-20 mins, until bubbling and golden and serve with the **clotted cream**.

tip **Make it even easier with canned fruit, like peaches or pears – no need to pre-cook!**

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cut out and keep

Rhubarb & custard trifle

New twists on a trifle just go on and on, but this time we know we're onto a winner with this tried-and-tested favourite combo. Why didn't we think of it before!

Ready in 30 mins + chilling time • Serves 6-8 • 482-361 cals per serving • 22-17g fat • 12-9g sat fat • 0 of your 5-a-day

- ☐ **300g raspberry jam Swiss roll, sliced into 2cm slices**
- ☐ **500g rhubarb, cut into 5cm lengths**
- ☐ **100g caster sugar**
- ☐ **200ml double cream**
- ☐ **300g ready-made custard such as Ambrosia**
- ☐ **25g small meringues, broken**
- ☐ **a handful white chocolate buttons**

1 Line a 1-litre trifle bowl with **Swiss roll** slices. Put the **rhubarb** in a large pan, cover with a lid and cook over a low heat for 5 mins, until it releases some liquid, then increase the heat to medium, cover and cook for 5 mins. Stir and cook, uncovered, for a further 5 mins, until tender.

2 Stir in the **sugar** while still warm, then leave to cool for 10 mins before spooning over the Swiss roll. Chill for 1 hr if time.

3 Whip the **cream** until it forms soft peaks, then swirl the **custard** through and spoon onto the **rhubarb**. Chill again until required. Scatter with **meringue** and **chocolate buttons** just before serving.

Easy anytime pud

tip Make this grown-up with a good splash of fruity liqueur to soak into the cake.

FEATURE & FOOD STYLING: LUCY JESSOP & PHIL MUNDY PHOTOS: CHARLIE RICHARDS. PROPS: RACHEL JUKES. IPC IMAGES.

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Big dishes for sharing

Putting your feet up with the family or having the girls round? These tasty, fuss-free recipes are for you – then you'll have plenty of time to join in with the fun!

Easy one-pan paella

It's fast – just needs a bit of stirring and chopping – so it's a perfect feed-your-friends dish.

Serves 6 • Ready in 30 mins • 537 cals per serving • 19g fat • 6g sat fat

- 3tbsp olive oil
- 1 large onion, peeled and diced
- 2 cloves garlic, finely chopped
- 1 chilli, sliced
- 2 red peppers, deseeded and sliced
- 250g small cooking chorizo, sliced
- 300g paella rice
- pinch saffron
- 900ml hot fish, vegetable or chicken stock
- 3 tomatoes, roughly chopped
- 400g mixed cooked seafood
- 200g cooked chicken breast, sliced
- 150g frozen petit pois
- small handful flat-leaf parsley, chopped
- lemon wedges, to serve

1 Heat **oil** in a large, heavy-based frying pan. Add the **onion**, **garlic**, **chilli**, **peppers** and **chorizo**; cook for 3–4 mins. Add the **rice** and **saffron**; cook for 1 min, stirring, until the rice is coated in oil. Pour in 600ml of **stock**, stir and simmer for 10 mins until most of the stock has been absorbed (don't stir)!

2 Stir in **tomatoes** and remaining stock; cook for a further 5–10 mins until the stock has been absorbed and the rice still has some bite to it. Stir in **seafood**, **chicken** and **peas**, and cook for a few mins until piping hot.

3 Season to taste. Stir in the **parsley** and serve with **lemon wedges** to squeeze over.

tip **If you can't get hold of paella rice, use Arborio risotto rice instead.**

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tip Load them with guacamole, fresh salsa and soured cream for an even more indulgent treat.

You'll definitely want seconds of this – so make sure you double up!

Spicy sausage nachos

This delish dish will see you through a wine-fuelled night!

Serves 4–6 • Ready in 20 mins • 828–552 cals per serving • 57–38g fat • 22–15g sat fat

- 1tbsp olive or sunflower oil
- 400g tomato and basil or chilli sausages
- 245g jar Arrabiata sauce
- 100g pitted mixed olives, halved
- 250g lightly salted tortilla chips
- 100g firm mozzarella, grated
- 150g strong Cheddar, grated

1 Heat oven to Mark 7/220°C. Heat **oil** in a frying pan, add **sausages** and fry until golden brown. Remove from pan and leave to cool for 5 mins. Add **sauce** and **mixed olives** to the pan; bring to the boil and simmer for 2 mins. Slice the sausages thickly; add to the sauce and allow to heat through.

2 In a large ovenproof dish, scatter half the **tortilla chips** and half of each **cheese**. Add the remaining tortilla chips and spoon over the sauce and remaining cheese. Bake for about 4–5 mins, until all the cheese has melted.

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How can something with so few ingredients taste this fabulous? Don't ask us... try it yourself!

tip A great dish for using up any leftover veg from the fridge.

Chorizo & potato fry

A posh take on sausage and spuds – a guaranteed crowd-pleaser.

Serves 4 • Ready in 30 mins • 372 cals per serving • 15g fat • 6g sat fat

- ☐ **800g baby new potatoes, larger ones halved**
- ☐ **250g chorizo, sliced**
- ☐ **2 yellow peppers, deseeded and cut into chunky pieces**
- ☐ **4 tomatoes, chopped**
- ☐ **2 cloves garlic, peeled and finely chopped**
- ☐ **150g bag spinach**

1 Cook the **potatoes** in boiling salted water for 15 mins or until tender. Drain and set aside.

2 Meanwhile, heat a large frying pan until hot. Add the **chorizo** and fry over a low heat for about 5 mins until it begins to release some fat. Drain away most of the fat and discard. Add the chopped **peppers** to the pan and fry for 3–4 mins, stirring occasionally.

3 Add the **tomatoes** and **garlic**; cook for 5 mins. Stir in the potatoes and **spinach** and cook for a further 3–4 mins over a high heat. Serve with a fresh green salad on the side.

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Creamy veggie bake

This rich, creamy dish will even get non-veggies begging for more!

Serves 6 • Ready in 2 hrs 15 mins • 925 cals per serving • 67g fat • 40g sat fat

- 1 large onion, peeled and chopped
- 800g potatoes, peeled and cut into small chunks
- 600g sweet potatoes, peeled and cut into small chunks
- 300g parsnips, peeled and cut into small chunks
- 200g goats' cheese, roughly cut into pieces
- 1tbsp plain flour
- 600ml double cream
- 75g fine breadcrumbs
- 3tbsp chopped fresh parsley
- 50g mixed seeds (pumpkin, sunflower etc.)

1 Heat the oven to Mark 3/170°C. Mix together the **first 6 ingredients** in a large ovenproof dish; season with salt and freshly ground black pepper. Pour over the **cream**.

2 Mix the **breadcrumbs** with the **parsley** and **seeds**; sprinkle over the top. Bake in the oven for 2 hrs, to give the vegetables time to cook through and the topping to turn golden brown. Serve with extra green veg, if you like.

tip If the top starts to turn too brown during cooking, cover with a piece of foil.

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tip If you're not a fan of lamb, this recipe will be just as delicious if you use pork or beef mince.

Moroccan-style lamb meatballs

Tastes oh-so-exotic, but takes just one pot – so no probs getting someone else to do the washing up, then

Serves 4 • Ready in 45 mins • 377 cals per serving • 28g fat • 9g sat fat

- 500g lamb mince
- 1 onion, grated
- 2 garlic cloves, finely chopped
- handful of fresh flat-leaf parsley, finely chopped
- 2tbsp olive oil
- 1tsp ground cumin
- 1tsp ground cinnamon
- ½tsp cayenne pepper
- 400g can chopped tomatoes
- large handful of chopped fresh coriander leaves

FOR THE SALAD

- 1 small head of iceberg lettuce, shredded
- 1 small red onion, very thinly sliced
- 2 handfuls of fresh mint
- 2tbsp olive oil
- 1tbsp freshly squeezed lemon juice

1 Put the **mince**, half the **onion**, half the **garlic** and the **parsley** in a bowl. Use your hands to combine, then set aside.

2 Heat the **oil** in a large heavy-based frying pan, set over a high heat. Cook the remaining onion and garlic for 5 mins, until softened and golden. Add the **spices** and cook, stirring constantly, for 1 min, until aromatic. Add the **tomatoes** and 250ml water and bring to the boil. Cook for 5 mins.

3 With slightly wet hands, roll the lamb mixture into walnut-sized balls, then put them directly into the sauce. Reduce the heat, cover and cook for about 15 mins, until the meatballs are cooked through. Stir in the **coriander** and keep warm.

4 Meanwhile, to make the salad, put the **lettuce**, **onion** and **mint** in a salad bowl and use your hands to toss. Pour over the **olive oil** and **lemon juice**; season to taste with salt and pepper. Serve the meatballs with the crunchy salad on the side.

MEATBALLS RECIPE FROM *CASUAL ENTERTAINING* BY ROSS DOBSON. PHOTO: KATE WHITAKER. (£19.99, HARDIE GRANT BOOKS) SEE OUR SPECIAL BOOK OFFER ON PAGE 161

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tip Take the rum out if you don't like the flavour or if you are serving it to children.

Tropical skewers

Naughty, but terribly nice! The perfect partner for a movie night on the sofa.

Serves 8 • Ready in 20 mins • 381 cals per serving • 21g fat • 14g sat fat

- ☐ 60g butter
- ☐ 125g light muscovado sugar
- ☐ 150ml double cream
- ☐ 4tbsp rum
- ☐ 1 x McVitie's Jamaica Ginger Cake, cut into small slices
- ☐ 1 medium pineapple, peeled and cut into thin chunks
- ☐ skewers

1 In a pan, melt the **butter** and **sugar** over a medium heat until the sugar has dissolved. Increase heat; bubble until the mixture becomes toffee-like, then gradually pour in the **cream**. Bubble for 2 mins. Remove from heat and stir in the **rum**.

2 Heat a griddle pan until very hot. Add **pineapple** and cook for 1 min on each side until char-lines appear. Top each **cake slice** with pineapple, skewer and serve with the sauce to dip in to.

OTHER COMBINATIONS? Madeira cake, apple slices, pears or plums all make gorgeous alternatives. Use your favourite booze or liqueur to flavour the sauce. Yum!

And to drink...

If you like a crisp, fruity white, Nobilo Regional Collection Sauvignon Blanc 2009 is the one for you £8.49, from Morrisons, Asda, Sainsbury's, Tesco.

The woody flavours and luxe aroma of Boschendal Shiraz 2008 goes especially well with the lamb meatballs. £7.99, from Sainsbury's.

Medium-bodied, with lush red-fruit flavours, Réserve de la Perrière 2008 Corbières is a good match with any of our sharing dishes and great value at just £4.29, from Waitrose.

Toffee choc ice cream cups

A seriously indulgent combo!

Serves 6 • Ready in 15 mins + freezing time • 336 cals per serving • 21g fat • 14g sat fat

- ☐ 500ml tub vanilla ice cream
- ☐ 3tbsp Malibu
- ☐ 3tbsp desiccated coconut

FOR THE SAUCE

- ☐ 150ml single cream
- ☐ 2 Mars Bars, chopped into chunks

1 Scoop **ice cream** into a bowl and add **Malibu** and **coconut**. Mix until smooth and return to the pot; freeze for 2 hrs.

2 For sauce, bring **cream** to a simmer and take off heat. Add **Mars Bars** and stir until melted. Serve ice cream in cups topped with warm sauce.

FEATURE & FOOD STYLING: LUCY JESSOP & PHIL MUNDY PHOTOS: MAYA MISHO (PC IMAGES) FOOD STYLING: RACHEL JUKES

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Time-saver tip
If you want an even speedier option, just add cooked small pasta to a bought soup.

10 minute meals

Fab, tasty, quick meals – just what you need for a no-fuss after-work supper

Cheats' minestrone

Turn soup into a proper meal, or an easy 'take-to-work' lunch.

Serves 2 • Ready in 10 mins
• 522 cals per serving
• 19g fat • 7g sat fat

- ☐ 140g cubed pancetta
- ☐ 1 carrot, peeled and coarsely grated
- ☐ 1 courgette, grated (or finely chopped)
- ☐ 2 bay leaves
- ☐ 680g jar tomato and basil passata
- ☐ 300ml hot vegetable stock
- ☐ 100g quick-cook macaroni, or other small pasta shapes
- ☐ few sprigs fresh basil, leaves only, torn
- ☐ Parmesan shavings, to serve

1 In a large saucepan, fry **pancetta** over a medium heat for 2 mins until it releases some fat. Add **carrot**, **courgette** and **bay leaves** and cook for a further minute.

2 Pour in the **passata** and stock, bring to the boil and simmer for 5 mins.

3 Meanwhile, cook **pasta** as per pack instructions; drain well. Add cooked pasta; cook for a further minute. Stir in the **basil** just before serving. Top with **Parmesan** and serve with warmed **ciabatta**.

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Chicken tikka naan toppers

Bored with pizza? These are a great alternative – ideal for lazy eating in front of the TV.

Serves 2 • Ready in 10 mins • 765 cals per serving • 24g fat • 4g sat fat

- ☐ 250g chicken breast, sliced into thin strips
- ☐ 2tbsp tikka curry paste
- ☐ 1tbsp sunflower oil
- ☐ 3-4tbsp mango chutney
- ☐ 2 x 150g round garlic and coriander naan bread
- ☐ small bunch coriander, finely chopped
- ☐ red onion, peeled and finely chopped
- ☐ 150g natural yogurt

1 Heat oven to Mark 8/230°C. Mix together the **chicken** and **curry paste** in a small bowl, until evenly coated. Heat the **oil** in a frying pan; add chicken and cook for 4-5mins, turning, until cooked through.

2 Spread **mango chutney** onto **naan bread**, top with chicken pieces and bake for 4-5mins, until bread is hot through.

3 Meanwhile, mix together the **coriander**, **onion** and **yogurt**; season well. Cut naan bread into wedges; serve topped with the yogurt.

Time-saver tip **Get ahead by marinating the chicken in the fridge for a few hours beforehand; it'll taste even better.**

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Hot smoked salmon hash

Great for using leftover cooked new potatoes – the dill crème fraîche is delish!

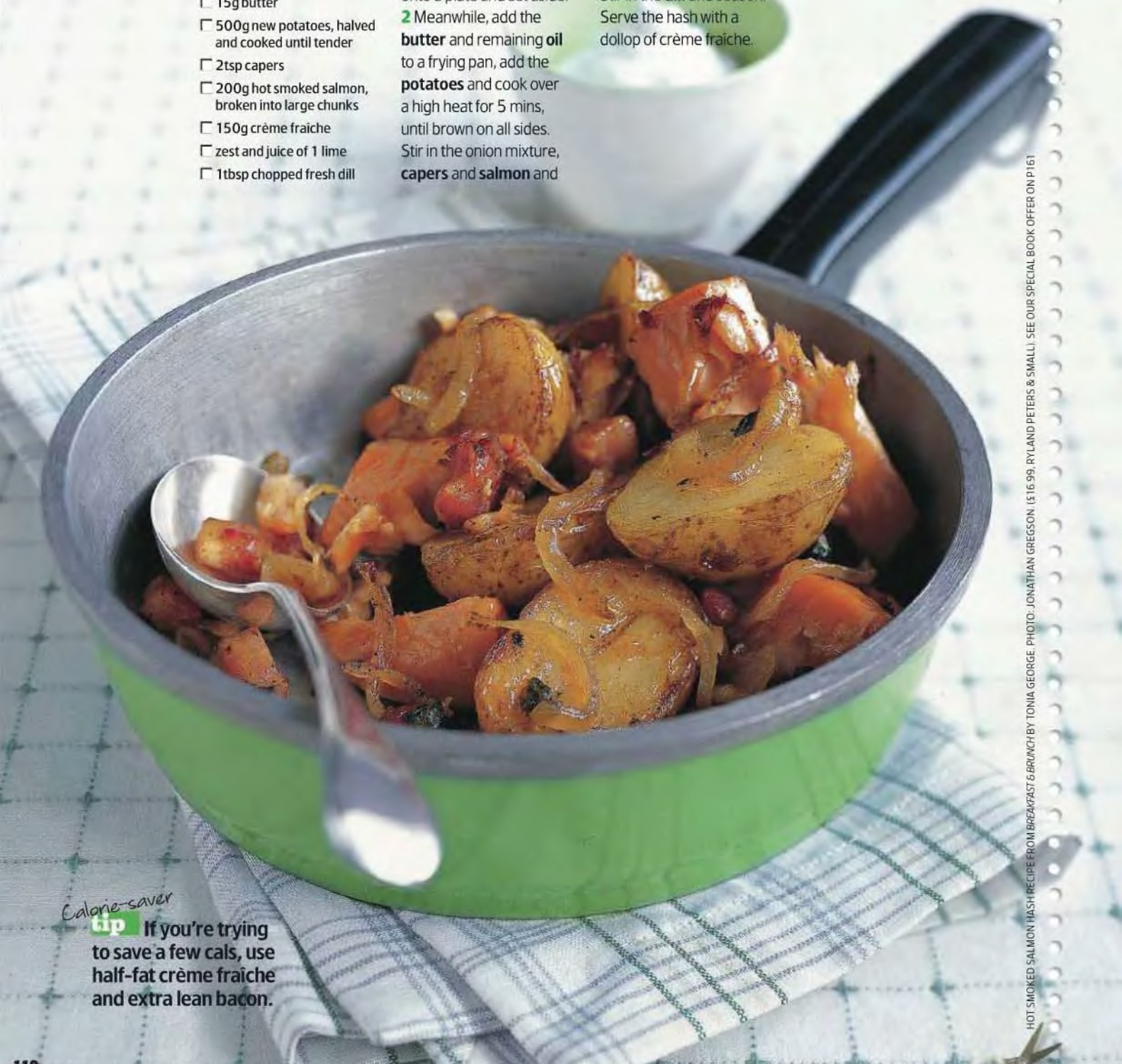
Serves 2 • Ready in 10 mins • 1098 cals per serving • 81g fat • 35g sat fat

- ☐ 4tbsp olive oil
- ☐ 2 onions, sliced
- ☐ 150g streaky bacon, chopped
- ☐ 15g butter
- ☐ 500g new potatoes, halved and cooked until tender
- ☐ 2tsp capers
- ☐ 200g hot smoked salmon, broken into large chunks
- ☐ 150g crème fraîche
- ☐ zest and juice of 1 lime
- ☐ 1tbsp chopped fresh dill

1 Put half the **oil** and the **onions** and **bacon** in a frying pan. Cover with a lid and cook gently until softening. Remove the lid, turn up the heat and cook until slightly golden. Tip onto a plate and set aside.

2 Meanwhile, add the **butter** and remaining **oil** to a frying pan, add the **potatoes** and cook over a high heat for 5 mins, until brown on all sides. Stir in the onion mixture, **capers** and **salmon** and cook for about 3 mins, until everything is sizzling and hot. Season.

3 Mix together the **crème fraîche**, **lime zest** and enough **juice** to make it limey, but not too runny. Stir in the **dill** and season. Serve the hash with a dollop of crème fraîche.



Calorie-saver **tip** If you're trying to save a few cals, use half-fat crème fraîche and extra lean bacon.

HOT SMOKED SALMON HASH RECIPE FROM *BREAKFAST & BRUNCH* BY TONIA GEORGE. PHOTO: JONATHAN GREGSON. (£16.99, RYLAND PETERS & SMALL). SEE OUR SPECIAL BOOK OFFER ON P161

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Cheese on toast Italian style

This yummy snack beats good old beans on toast hands down!

Serves 2 • Ready in 10 mins
• 360 cals per serving
• 23g fat • 10g sat fat

- ☐ 1tbsp fresh basil pesto
- ☐ 1tbsp extra virgin olive oil
- ☐ 1tbsp flat-leaf parsley, finely chopped
- ☐ 1tbsp capers, drained, rinsed and roughly chopped
- ☐ 2 thick slices of white bread or brioche
- ☐ 150g baby plum tomatoes, halved
- ☐ 125g mozzarella, torn

1 In a bowl, mix together the **pesto**, **olive oil**, **parsley** and **capers**.
2 Toast the **bread** or **brioche** until golden and transfer to 2 serving plates. While still warm, spread the slices of toast with half the herby pesto.
3 Add the **tomatoes** to the remaining pesto and spoon over the toast. Top with the **mozzarella** and season.

RANCH EGGS RECIPE FROM *BREAKFAST & BRUNCH* BY TONIA GEORGE. PHOTO: JONATHAN GREGSON. £16.99, RYLAND PETERS& SMALL). SEE OUR SPECIAL BOOK OFFER ON PAGE 151

Speedy spicy 'ranch eggs'

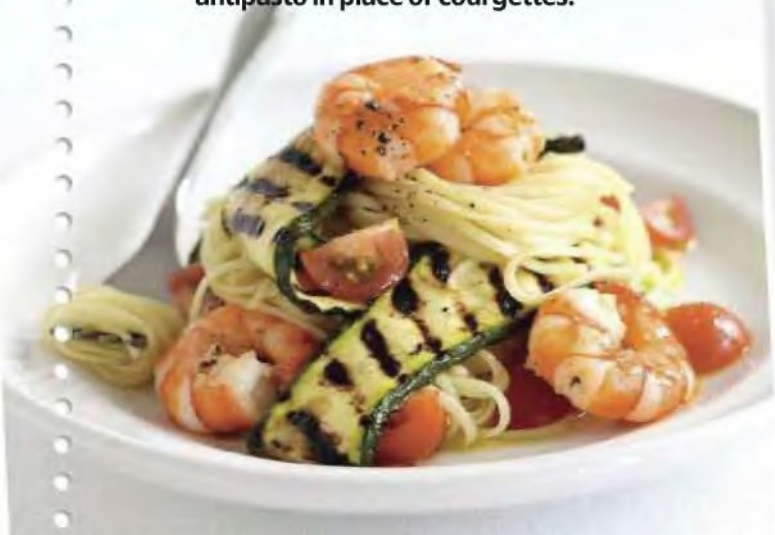
Have a lie-in next Sunday, then whip this up for brunch.

Serves 2 • Ready in 10 mins
• 940 cals per serving
• 36g fat • 11g sat fat

- ☐ 500g jar spicy tomato sauce
- ☐ 2tbsp vegetable oil
- ☐ 1 garlic clove, chopped
- ☐ 400g can cannellini beans, drained
- ☐ 50g Cheddar, grated
- ☐ freshly squeezed juice of 1 lime
- ☐ handful coriander leaves, chopped
- ☐ 4 free-range eggs
- ☐ 4 corn tortillas

1 Heat the **sauce**. Heat the **oil** in a pan, add **garlic** and brown. Add the **beans** and coarsely mash them. Season and add **Cheddar**.
2 Stir in **lime juice** and **coriander**. Make 4 holes in the sauce and crack an **egg** into each. Cook for 3 mins until set. Cover for the last 30 secs to firm up the whites.
4 Cook the **tortillas** over medium heat for 1 minute each side. Fill with beans, salsa and the eggs.

Time-saver tip **Stir in a jar of ready-grilled antipasto in place of courgettes.**



Garlic & chilli prawn pasta

So simple, but packed with garlic and chilli flavour.

Serves 2 • Ready in 10 mins
• 545 cals per serving
• 20g fat • 3g sat fat

- ☐ 150g dried linguine
- ☐ 2 courgettes, thinly sliced lengthways
- ☐ 3tbsp extra virgin olive oil
- ☐ 2 garlic cloves, peeled and chopped
- ☐ large pinch of chilli flakes
- ☐ 200g cherry tomatoes, quartered
- ☐ 200g large cooked king prawns

1 Boil the **linguine** in salted water as per pack instructions.
2 Heat a griddle pan until hot, toss the **courgette slices** with 1tbsp of the **oil**; fry in batches for 1-2 mins each side until griddle lines appear. In a frying pan, heat remaining oil, **garlic** and **chilli flakes**. Cook for 1 min then remove from heat. Return courgettes to the pan with the **tomatoes** and **prawns**.
3 Drain pasta and return to the pan. Add courgette mixture and toss well. Season and serve.

FEATURE & FOOD STYLING: LUCY JESSOP. PHIL MUNDY & KIM MORPHEW. PHOTOS: CHARLIE RICHARDS. MYLES NEW. IPC IMAGES. PROPS: RACHEL JUKES.

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Be a show-off with cakes, bakes & puds

Want a pud with the wow factor to impress friends and family? Look no further than these dangerously delicious desserts...

Butterfly fairy cakes

Get the kids to help make these pretty little bites – the raspberry buttercream is to die for!

Makes 12 • Ready in 25 mins
• 250 cals per serving
• 14g fat • 8g sat fat

- ☐ 125g soft butter
- ☐ 125g sugar
- ☐ 2 medium, free-range eggs
- ☐ 125g self-raising flour
- ☐ 1tsp vanilla extract

FOR THE ICING

- ☐ 60g softened butter
- ☐ 100g icing sugar
- ☐ 1tsp vanilla extract
- ☐ 3tbsp seedless raspberry or strawberry jam
- ☐ silver balls, to decorate, optional

1 Heat oven to Mark 4/180°C. Line a 12-hole bun tin with cases. In a bowl, whisk the **butter** and **sugar** until pale and light. Add the **eggs** one at a time, whisking well after each addition. Fold in the **flour** and **vanilla extract**.

2 Using two teaspoons, divide the mixture evenly between the cases. Bake for 12-15 mins until golden and springy to the touch. Transfer to a wire rack to cool.

3 For the icing, using an electric hand whisk, mix together the **butter**, **icing sugar** and **vanilla**, whisking for 3-4 mins until very light and creamy. Add the **jam** and stir in briefly to marble.

4 Using a knife at a slight angle, cut out a circle of sponge from middle of each cake, leaving a 1cm margin around the edge. Cut each circle in half and set aside. Divide the icing between the cakes, then lightly press in the 'butterfly wings'. Decorate with **silver balls** or **sprinkles**.

tip **Try these cute cakes with a tangy lemon or orange curd butter icing.**

Twist on a classic

They look amazing, taste terrific and take minutes to make. Oh, go on, have another!

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Pecan, toffee & banana cake

It's sticky, it's nutty and it's totally tempting! How many slices have your name on them?

Serves 10–12 • Ready in 1 hr 10 mins + cooling time • 571–476 cals per serving • 39–33g fat • 18–15g sat fat

- ☐ 175g soft butter
- ☐ 175g dark muscovado sugar
- ☐ 3 large, free-range eggs
- ☐ 1tsp vanilla extract
- ☐ 250g self-raising flour
- ☐ 275g over-ripe bananas, peeled weight, mashed
- ☐ 100g pecans, chopped

FOR THE TOPPING

- ☐ 250g full-fat Philadelphia cream cheese
- ☐ 4tbsp maple syrup
- ☐ 40g light brown soft sugar
- ☐ 1/2tsp vanilla extract
- ☐ 50g approx 24 pecan halves

1 Heat oven to Mark 4/180°C. Grease and base-line a 20cm cake tin. In a bowl, whisk together **cake ingredients**, except **pecans**, using an electric hand whisk for 3 mins until light. Stir in the pecans. Spoon into tin and smooth top.

2 Bake for 50 mins, or until springy to the touch. Remove from oven, Cool in the tin for 15 mins then transfer to a rack.

3 Whisk together the **cream cheese**, 2tbsp **maple syrup**, **sugar** and **vanilla** until smooth and thick. Chill until required.

4 In a non-stick frying pan, toast the **pecan halves** over a medium heat for 1–2 mins. Pour in the remaining **maple syrup** and cook, stirring, for a further 30 secs–1 min until the nuts are glossy and the maple syrup has almost evaporated. Cool.

5 To serve, spread with frosting and scatter with pecan halves.

So simple to make

tip This cake tastes so much better if your bananas are really ripe.

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tip For best results when making this delicious treat, choose fruit that's firm and ripe.

Pear, apple & almond pudding

This old-fashioned pud is moist, moreish and just, mmmm...

Serves 6 • Ready in 1hr
• 546 cals per serving
• 31g fat • 15g sat fat

- ☐ 40g butter
- ☐ 3 Cox's apples, peeled cored and thickly sliced
- ☐ 3 ripe Conference pears, peeled cored and quartered
- ☐ 75g light brown soft sugar
- ☐ 1tsp vanilla extract or paste
- ☐ 125g soft butter
- ☐ 125g caster sugar
- ☐ 2 large free-range eggs, beaten
- ☐ few drops almond extract (optional)
- ☐ 110g self-raising flour
- ☐ 40g ground almonds
- ☐ 1tbsp flaked almonds

1 Heat oven to Mark 4/180°C. In a large frying pan, melt the **butter**; add the **apples** and **pears**, and cook over a medium heat until golden. Add **sugar** and cook for a further minute. Remove from heat, stir in **vanilla** and pour into a 1-1.5 litre ovenproof dish.

2 Using an electric hand whisk, beat together the **butter** and **sugar** until light and fluffy. Gradually beat in the **eggs** and **almond extract** (if using) until smooth, then whisk in the **flour** and **ground almonds**. Spoon onto the fruit then scatter with **flaked almonds**. Bake for 35-40 mins, or until springy to the touch.

Fruity flapjacks

These have the perfect amount of chewiness – irresistible!

Makes 16-20 • Ready in 40 mins + cooling time
• 241-193 cals per serving
• 13-11g fat • 6-5g sat fat

- ☐ 175g butter
- ☐ 150g light muscovado sugar
- ☐ 3tbsp golden syrup
- ☐ 250g rolled oats
- ☐ 2tbsp cornflour
- ☐ 100g mixed nuts and seeds (nuts roughly chopped), eg: sunflower seeds, pecans, brazils, whole almonds
- ☐ 100g mixed fruit, roughly chopped, eg: cranberries, apricots, sultanas

tip Tray-baked treats, such as flapjacks and brownies, will keep fresh for much longer if you keep them stored in an airtight tin.

1 Heat oven to Mark 4/180°C. Lightly oil a 21x31cm brownie/Swiss roll tin. In a pan, gently melt the **butter**, **sugar** and **syrup** together until liquid. Cool for 2 mins.

2 Meanwhile, mix the remaining **dry ingredients** together in a large bowl. Pour over butter mixture; mix well. Spoon into tin. Using a wet metal spoon, spread the mixture out evenly, pressing into the tin until smooth.

3 Bake for 20-25 mins, until golden. Remove from the oven and leave to cool in the tin for 15 mins. Score into bars, using a knife, and leave to cool. Turn out the flapjacks from the tin, then cut into bars.

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tip Full-fat cream cheese will give you a really good texture – and well worth ditching the diet for.

Citrusy ginger cheesecake

It's tangy, it's creamy and there's no baking required... great!

Serves 10–12 • Ready in 30 mins plus 4 hrs chilling time • 444–370 cals per serving • 34–28g fat • 21–17g sat fat

- ☐ 200g gingernuts, crushed
- ☐ 75g butter, melted
- ☐ 300g full-fat Philadelphia cream cheese
- ☐ 250g ricotta
- ☐ 150g caster sugar
- ☐ 150ml double cream
- ☐ juice and zest of 1 lemon
- ☐ juice and zest of 2 limes
- ☐ 2 sheets leaf gelatine, soaked in tepid water for a few mins

1 Add the **biscuit crumbs** to the **melted butter** and mix well. Then press into a 20cm loose-bottomed sandwich tin; chill for 15 mins.

2 In a food processor, whizz together the **cream cheese**, **ricotta**, **sugar** and **cream**. Blend until the mixture is smooth.

3 In a saucepan, warm the **lemon** and **lime juices** slowly, until steaming but not boiling. Add the **gelatine**, stirring until dissolved. Add this, along with the **lemon** and **lime zest** to the cream cheese mixture; mix well. Spoon on to the biscuit base, smooth the surface and chill for at least 4 hours or until set.

4 To turn out, rub the outside of the tin with a hot damp cloth. Stand the tin on a wide glass or can, and press the sides down to release the cake. Transfer to a serving plate.

Hot cross scones

Spicy, fruity and easy to make – serve warm for the yum-factor.

Makes 8 • Ready in 30 mins • 293 cals per serving • 11g fat • 5g sat fat

- ☐ 225g self-raising flour
- ☐ 1tsp ground mixed spice
- ☐ ½tsp ground cinnamon
- ☐ 75g soft butter
- ☐ 60g caster sugar
- ☐ 75g sultanas
- ☐ 40g mixed peel
- ☐ 1 large free-range egg, lightly beaten
- ☐ 3tbsp buttermilk, plus a little extra for brushing
- ☐ 100g golden marzipan

tip To make perfectly light scones, take care not to over-handle the scone dough; you only need to bring it together – so don't knead it!

1 Heat oven to Mark 6/200°C. In a large bowl, mix together the **flour** and **spices** with a pinch of salt. Using your fingertips, rub the **butter** into the flour until it resembles breadcrumbs.

2 Stir in **sugar**, **sultanas** and **mixed peel**, then add the **beaten egg** and **buttermilk**. Using one hand, bring the mixture together to form a soft dough (if it's very dry, you may need to add more buttermilk). Divide the mixture into 8, then lightly roll each piece into a ball. Place on a baking sheet, flatten slightly, then brush with **egg**. Bake in the oven for 12 mins.

3 Divide the **marzipan** into 8 pieces. Cut each in half, then roll into long strips. Lay two strips on each scone, then bake for a further 5 mins until golden. Cool on the tray for 5 mins, then transfer to a wire rack.

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Orange drizzle cake

The perfect everyone-loves-it cake for when friends drop in for tea. Or just scoff the lot yourself!

Serves 8–10 • Ready in 1hr 15 mins + cooling time • 469–374 cals per serving • 28–22g fat • 13–10g sat fat

- ☐ 175g butter
- ☐ 175g sugar
- ☐ 3 large, free-range eggs
- ☐ 125g self-raising flour
- ☐ 100g ground almonds
- ☐ zest of 2 oranges

FOR THE ICING

- ☐ zest of 1 large orange and 1½tbsp juice
- ☐ 110g icing sugar, sifted

1 Heat oven to Mark 4/180°C. Grease and line a 2lb loaf tin. In a large bowl, using an electric hand whisk, beat together all the **cake ingredients** for 3–4 mins until light. Spoon into the tin, smooth surface and bake for 50 mins–1hour until springy to the touch.

2 Whisk together the **orange zest, juice** and **icing sugar** until smooth.

3 While the cake is still hot, drizzle over a few tablespoons of the icing, leaving the cake in the tin. Once cool, remove cake from tin and drizzle with remaining icing.

Couldn't be easier

tip This loaf cake is very moist – it's better to wait until it's completely cooled before cutting into slices.

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Caramel hazelnut tart

Simple to make, it'll be hard to resist that second slice.

Serves 10 • Ready in 45 mins + cooling time • 384 cals per serving • 28g fat • 12g sat fat

- ☐ 150g light muscovado sugar
- ☐ 75g salted butter
- ☐ 50g golden syrup
- ☐ 150ml double cream
- ☐ 1 medium free-range egg, plus 1 extra yolk, beaten together
- ☐ 1 x 22cm ready-baked all-butter pastry case
- ☐ 100g toasted hazelnuts, roughly chopped

1 Heat oven to Mark 4/180°C. Melt **sugar**, **butter** and **syrup** in a saucepan until grain-free. Bring to boil for 2 mins, stirring. Pour in 100ml **cream**, and boil, stirring, for 4 mins. Stir in the remaining cream, bring to the boil. Allow to cool for 15 mins.

2 Whisk in the **eggs** and pour into the pastry case. Bake for 10 mins, until a thin skin forms on the tart. Sprinkle with **nuts**. Bake for 15–18 mins, until tart is set, but still has a wobble. Allow to cool for 20 mins.

Great for a dinner party

This is soooo wickedly good that you'll want more... and more... and more!

FEATURE & FOOD STYLING: LUCY LESSOR & PHIL KINROY. PHOTOS: STUART WEST. PROPS: RACHEL JUCKES WITH THANKS TO: LAKELAND (FOR BAKING UTENSILS – LAKELAND.CO.UK OR 01539 488100)

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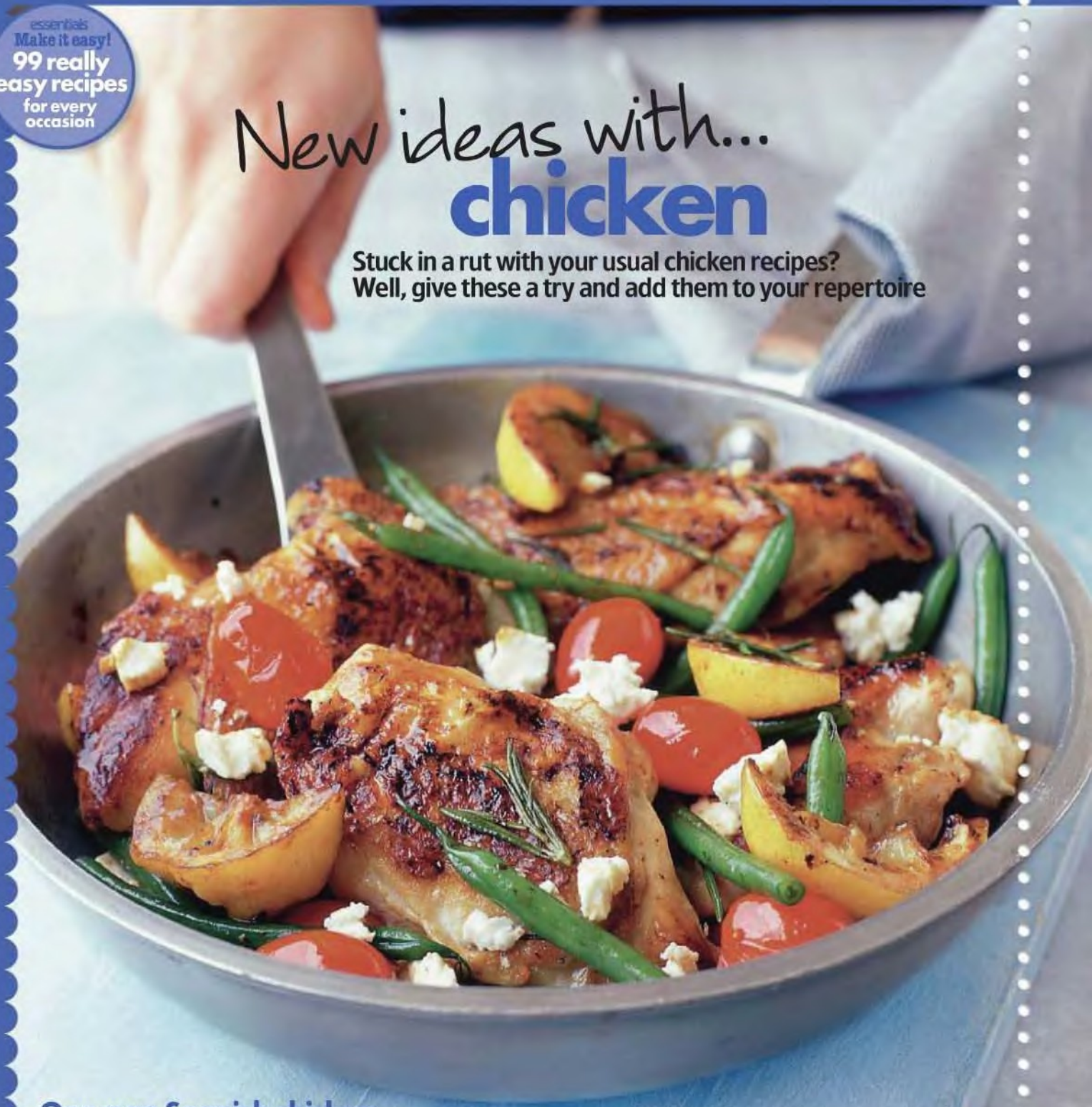
New ideas with... chicken

Stuck in a rut with your usual chicken recipes? Well, give these a try and add them to your repertoire



One-pan Spanish chicken

So easy to throw together – this tasty chicken dish is packed full of veg so you've got your 5-a-day covered.

Serves 4 • Ready in 40 mins
• 402 cals per serving
• 19g fat • 6g sat fat

- ☐ 1tbsp olive oil
- ☐ 2 free-range chicken legs, skin on (500g)
- ☐ 2 free-range part-boned chicken breasts, skin on (500g)
- ☐ 2 small lemons, cut into wedges
- ☐ 1tsp paprika
- ☐ few sprigs rosemary
- ☐ 150g green beans
- ☐ 250g baby plum tomatoes
- ☐ 100g feta, crumbled

1 In a large sauté pan, heat the **oil**, fry the **chicken**, skin side down, for 2-3 mins until golden. Turn over and add the **lemon wedges**, **paprika** and **rosemary**, and season with black pepper; cook for a further 3 mins, stirring. Add a splash of water (about 3tbsp) to the pan, cover with a lid and cook over a medium heat for 20-25 mins, turning once.

2 Add **green beans**, re-cover and cook for 5 mins, add the **tomatoes**, cover again and cook for 2 mins, until hot. Remove from the heat, scatter with **feta** and serve.

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Fill 'em up corn chicken

Serves 4 • Ready in 25 min • 420 cals per serving • 14g fat • 7g sat fat

1 Cook 500g small new potatoes in boiling water until tender (about 15 mins), then drain. In a large pan, fry 75g smoked bacon, cut into strips, over a medium heat until golden.
2 Pour in 150ml dry white wine and simmer for 2-3 mins. Stir in a 418g can creamed sweetcorn, 150ml single cream, 350g cooked chicken, shredded, zest of 1 lemon and few sprigs flat-leaf parsley, chopped. Season well and cook for 5 mins until piping hot. Stir in the potatoes and serve.

MAKE A SPRING SLAW
Mix together 1 small red onion, peeled and thinly sliced, 1 medium fennel, thinly sliced, a few sprigs flat-leaf parsley, roughly chopped, zest and juice of ½ lemon, 1tsp Dijon mustard and 3tbsp extra virgin olive oil. Season well and chill.

Golden chicken with spring slaw

Ready in 40 mins • Serves 2 • 619 cals per serving • 33g fat • 5g sat fat

1 Heat oven to Mark 5/190°C. Cover 2x150g skinless chicken fillets with clingfilm and lightly bash to an even thickness (about 1cm). Unwrap and pat with kitchen paper. Roll chicken in 2tbsp cornflour, then shake off excess. Mix 50g fine white breadcrumbs with a few sprigs flat-leaf parsley, chopped, and season . Dip chicken in beaten egg, then roll in the breadcrumbs to cover.
2 Heat 2tbsp sunflower oil in a frying pan over a medium heat, add chicken and cook for 2 mins on each side until golden. Transfer to a lightly oiled baking tray and bake for 15-18 mins, until cooked. Serve with spring slaw.

Mustardy chicken bake

Serves 4 • Ready in 35 mins • 395 cals per serving • 25g fat • 13g sat fat

1 Heat oven to Mark 5/190°C. In a large pan, melt 25g butter and cook 1 onion, chopped, over a medium heat for 5 mins until soft and golden. Stir in 1½ tbsp plain flour and cook for 1 min, add 1tbsp Dijon mustard and season well. Gradually add 250ml hot chicken stock, stirring until smooth.
2 Remove from heat, stir in 250g half-fat crème fraîche, ½ small bunch tarragon, chopped, and 300g cooked chicken, shredded. Spoon into a large ovenproof dish. Mix together 25g breadcrumbs, 40g Cheddar, grated, a few sprigs flat-leaf parsley, finely chopped, and 1tbsp olive oil, season, then scatter over the top. Bake for 20 mins, until bubbling and golden.

Pancetta & rosemary roast

Serves 4 • Ready in 2 hours • 445 cals per serving • 18g fat • 8g sat fat

1 Heat oven to Mark 6/200°C. Mix 4 sprigs rosemary, finely chopped with 30g butter and season well. Loosen skin from the breast of a 1.4kg chicken and spread the butter underneath. Put 1 onion, quartered, and 1 bay leaf inside the cavity and transfer to a roasting dish. Add 100ml white wine or a cup of water. Cover with a 'tent' of foil, and roast for 1 hr, basting once or twice.
2 Remove chicken from oven (add extra water to the dish if the base has begun to dry out), drape pancetta over the breast, return to the oven, uncovered, for about 15 mins, or until the chicken is cooked through. Leave to rest for 15-20 mins, strain juices, thicken with cornflour and and serve with the bird.

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New ideas with... mince

It's come a long way since the fatty mince and spuds you were forced to eat as a kid! Think yummy ragùs – sophisticated enough for entertaining – and, thanks to Quorn, even veggies get a look in...

Fill-you-up Quorn hotpot

Comfort food at its best. It's low-fat and oh-so satisfying... what more could you want?

Serves 6 • Ready in 1 hr
• 319 cals per serving
• 11g fat • 3g sat fat

- ☐ 2tbsp sunflower or olive oil
- ☐ ½ swede, peeled and chopped into chunky cubes
- ☐ 2 carrots, peeled and chopped
- ☐ 2 sticks celery, peeled and chopped
- ☐ 1 large onion, peeled and chopped
- ☐ 2 parsnips, peeled and chopped
- ☐ 350g pack Quorn mince
- ☐ 1tbsp wholegrain mustard
- ☐ 2tsp fresh, chopped thyme or sage
- ☐ 200ml red wine
- ☐ 300ml hot vegetable stock
- ☐ 25g butter
- ☐ 1 rounded tbsp flour
- ☐ 750g Desirée potatoes, peeled and sliced 5mm thick

1 Heat oven to Mark 6/200°C. Heat **oil** in a large pan. Add the **swede**, **carrots**, **celery**, **onion** and **parsnips**. Cook over a medium heat for 8-10 mins, until they have begun to soften.

2 Add the **Quorn mince**, **mustard** and **herbs** and cook for 2 mins. Pour in the **wine**, bubble for 2 mins. Add the **stock**, season and cook for a further 5 mins. Mix together the **butter** and **flour** to make a smooth paste. Add to the **mince**, stirring constantly until thickened.

3 In a pan, cover the **potatoes** with boiling water. Bring to the boil and cook for 5-6 mins, until just tender. Drain well, pat dry and leave until cool enough to handle. Spoon the mince into a large ovenproof casserole dish, arrange **potatoes** on top, overlapping them to form a layer. Dot with **butter**, add a little pepper and bake for 20-30 mins, until the potatoes are deep golden.

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Easiest-ever chilli con carne

Ready in 30 mins • Serves 4 • 410 cals per serving • 21g fat • 8g sat fat

1 In a large pan, heat 2tbsp oil. Fry 3 garlic cloves, peeled and finely chopped, and 1 large red chilli, chopped and deseeded (if you want a milder heat) for 2 mins. Add 1½tsp ground coriander, 1½tsp garam masala and ½tsp ground cumin; cook for a further minute. Stir in 500g lean beef mince and cook, stirring occasionally, for 5 mins.
2 Add a small bunch chopped coriander stalks, 2x400g tins chopped tomatoes and 400g tin red kidney beans, rinsed and drained. Season and bring to a rolling simmer. Cook for 15-20 mins, until thickened. Add a spoonful of soured cream, garnish with coriander leaves and serve with warmed naan.

Rich beef aubergine 'cannelloni'

Serves 4 • Ready in 1 hr • 372 cals per serving • 20g fat • 9g sat fat

1 Heat 2tbsp oil in a pan and fry 1 large onion, peeled and chopped, until soft. Add 300g beef mince, large pinch chilli flakes, 2tsp dried oregano and 2tbsp tomato purée. Cook for 5 mins. Stir in 400g can chopped tomatoes, bring to boil and simmer for 10 mins. Season and stir in small bunch of basil, chopped.
2 Meanwhile, heat a griddle pan; add 3 aubergines, sliced lengthways and fry until char lines appear; transfer to a plate. Put 1tbsp beef sauce onto the short end of each aubergine slice, then roll. Spoon remaining sauce into an ovenproof dish. Place aubergine rolls on top. Scatter over 100g torn mozzarella and 25g shaved Parmesan; bake at Mark 5/190°C for 20-25 mins.

tip This sauce will keep in the freezer for up to 3 months – just spoon into freezer bags, label and freeze.

Classic lamb ragù rigatoni

Serves 6 • Ready in 1 hr 10 mins • 541 cals per serving • 17g fat • 6g sat fat

1 Heat 1tbsp olive oil in a heavy-based pan. Add 1 large onion, 2 carrots, 2 sticks celery and 1 courgette, all peeled and diced. Cook over a medium heat for 5 mins. Add 6 sprigs rosemary, leaves only and finely chopped, 3 garlic cloves, finely chopped, 4 chopped anchovy fillets and 500g lamb mince.
2 Cook, stirring, for 5 mins, until the lamb has broken down. Add 200ml white wine, 2x400g cans chopped tomatoes, 4tbsp tomato purée and 75g pitted mixed olives. Season well and simmer over a low heat for 40 mins to 1 hr, until thick. Cook 450g rigatoni according to pack instructions. Drain, then add to the sauce and toss together. Serve with grated Parmesan.

Mini thai-style turkey bites

Serves 4 • Ready in 20 mins • 226 cals per serving • 7g fat • 3g sat fat

1 In a bowl, mix together 500g turkey mince, 3 shallots, finely chopped, 1tsp lemongrass paste, 1tsp Lazy chillies and 1tsp Kaffir lime leaves (use fresh, frozen or dried). Season well. Lightly oil hands, then divide and shape the mixture into 12 small patties; transfer to a plate. Chill until required. Mix together 3 tomatoes, finely chopped, 3tbsp sweet chilli sauce, zest and juice of 1 lime and a few sprigs of coriander, finely chopped. Chill until required.
2 To cook, heat grill to high, lightly oil a baking sheet, add patties and grill for 4-5 mins on each side, until cooked through. To serve, place each pattie in a little gem lettuce 'cup' and top with a little salsa. Eat with spiced wedges.

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New ideas with... salmon

It's super-easy to turn a plain steak or fillet into something extra special – the hard bit is deciding whether to go Mediterranean, oriental or Middle-Eastern!

Za'atar salmon with lentil salad

These punchy Middle Eastern flavours work so well with salmon, making this dish great for last-minute entertaining.

Serves 4 · Ready in 30 mins
579 cals per serving
35g fat · 6g sat fat

- 65ml olive oil
- 2tbsp freshly squeezed lemon juice
- 1tsp dried thyme
- 1tsp dried wild oregano
- 1tbsp sesame seeds
- 4 salmon fillets, about 180g each

FOR THE LENTIL SALAD

- 1 aubergine, cut into small cubes
- 250g cherry tomatoes
- 1 red onion, thinly sliced
- 2 garlic cloves, chopped
- 1tsp ground cumin
- 400g can cooked lentils, drained
- 1 tbsp red wine vinegar
- large handful of fresh coriander leaves, chopped

1 Heat oven to Mark 7/220°C. Put half the **oil** and the **lemon juice**, **thyme**, **oregano** and **sesame seeds** in a large bowl and season with salt and pepper. Whisk with a fork to combine, then add the **salmon** and toss to coat. Set aside to marinate while you make the salad.

2 Heat the remaining **oil** in a pan set over high heat. Add the **aubergine** and cook for 2–3 mins, turning often, until golden. Add the **tomatoes**, **onion** and **garlic** and cook for 2 mins, shaking the pan so that the tomatoes soften. Add the **cumin**, **lentils** and **vinegar** and remove from the heat. Stir in the **coriander**.

3 Put the salmon on a baking tray lined with baking parchment and pop in the oven for 10 mins, until just cooked through. Spoon the lentil salad onto a large platter and arrange the salmon on top.

ZA'ATAR SALMON RECIPE FROM *CASUAL ENTERTAINING* BY ROSS DOBSON. PHOTO: KATE WHITAKER (£19.99, RYLAND PETERS & SMALL). SEE OUR SPECIAL BOOK OFFER ON PAGE 161

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cut out and keep

tip Pack any leftovers into a lunch box for a tasty work lunch the next day.

Filling salmon & potato salad

Serves 4 • Ready in 20 mins • 360 cals per serving • 16g fat • 2.5g sat fat

1 Cook 700g small new potatoes in a pan of boiling salted water until tender (about 10-15 mins). In a separate pan, boil 350g broccoli, broken into florets for 3 mins, drain well, and refresh briefly under a cold tap, drain again.
2 In a large bowl, whisk together zest and juice of 1½ lemons, 4tbsp extra virgin olive oil and 1tbsp wholegrain mustard, season well with salt, pepper and a little sugar. Stir in 1 red onion, peeled and thinly sliced and leave for 10 mins. Add potatoes, broccoli and 250g hot smoked salmon, skinned and flaked, mix well and serve, scattered with 1tbsp fresh chives.

Glazed salmon with stir-fry veg

Serves 4 • Ready in 25 mins + marinating time • 365 cals per serving • 23g fat • 4g sat fat

1 Rub ½-1tsp wasabi paste onto 4x150g salmon steaks, leave for 10 mins. Heat a pan and cook salmon for 4-5 mins, until golden on each side. Pour in 2tbsp teriyaki marinade and cook off; turn salmon once to coat.
2 Meanwhile, heat 2tbsp sunflower oil in a wok, add 1 red chilli, 2 garlic cloves, peeled and sliced, and 30g root ginger, peeled and chopped. Cook over a low heat for 2 mins. Increase heat, add 1 bunch spring onions, sliced, and 400g spring greens, torn. Stir fry for 2-3 mins, until the greens have begun to wilt, add 1 head Chinese leaves, thickly sliced, and cook for a further 2-3 mins.

Herb-crusted salmon

Serves 4 • Ready in 20 mins • 391 cals per serving • 26g fat • 4g sat fat

1 Heat oven to Mark 6/200C. In a food processor, whizz together 40g fresh white breadcrumbs, 25g flaked almonds, ½ small bunch flat-leaf parsley, ½ small bunch basil, 3tbsp extra virgin olive oil and 1 garlic clove, crushed, Season well with salt and freshly ground black pepper.
2 Arrange 4x125g salmon fillets on a large baking tray lined with parchment. Divide the crumb mixture equally between the fillets, pressing down lightly. Bake for 5 mins. Add 4 vines of cherry tomatoes to the tray, and cook for a further 15 mins. Serve.

Cheat's salmon chowder

Ready in 30 mins • Serves 4 • 392 cals per serving • 13g fat • 3g sat fat

1 Heat 1tbsp sunflower oil in a large pan, add 2 sticks celery, diced, 1 medium onion, diced, 700g potatoes, peeled and diced, and 1 bay leaf; fry for 2-3 mins over a medium heat. Add 100ml dry vermouth and 250ml water, bring to the boil, cover and simmer for 10-12 mins, until potatoes are almost tender.
2 Add 415g can lobster bisque soup and 300g skinless salmon fillet, cut into 2.5cm chunks, to the pan and simmer for 5 mins, until the salmon is cooked through and flakes apart easily. Stir in a few sprigs flat-leaf parsley, roughly chopped, and 100g prawns or crayfish tails, chopped, and season to taste. Allow to heat through and serve.

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New ideas with... pasta

It's cheap, versatile and you can match it with a zillion different ingredients, so it need never get samey. Need proof? Try these for size...

Melty Taleggio, mushroom & thyme bake

Be warned: this is dangerously moreish – but isn't that what a good bowl of pasta is all about?

Serves 4-6 • Ready in 40 mins • 623 cals per serving • 30g fat • 18g sat fat

- ☐ 50g butter
- ☐ 500g mushrooms, thickly sliced
- ☐ 2 garlic cloves, thinly sliced
- ☐ 1tbsp fresh thyme leaves
- ☐ 20g plain flour
- ☐ 400ml milk
- ☐ 40g Parmesan, grated
- ☐ 300g penne or rigatoni
- ☐ 150g Taleggio or other melting cheese, cubed

1 Heat oven to Mark 5/190°C. In a large pan, melt half the **butter**. Fry the **mushrooms**, **garlic** and **thyme** for 6-8 mins. (The mushrooms will release a lot of liquid, but keep cooking and it will evaporate).

2 In another saucepan, melt the remaining butter, then add the **flour** and cook for 1 min. Gradually add the **milk**, a splash at a time, until it has all been added and you have a thin, smooth sauce. Stir in half the **Parmesan** and season well with salt and black pepper.

3 Cook the **pasta** according to pack instructions, undercooking by 2 mins. Drain and add to the sauce, mix in the mushrooms, then spoon into an ovenproof dish. Top with the **Taleggio** and remaining Parmesan and bake for 15-20 mins, until golden.

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Buttery squash ravioli

Serves 4 • Ready in 25 mins • 330 cals per serving • 17g fat • 9g sat fat

1 Melt 30g butter in a large pan. Add 1tbsp olive oil, 1 medium squash, peeled, deseeded and cut into 1.5cm dice, 4 garlic cloves, peeled and thinly sliced, and 15 sage leaves, chopped. Cook, loosely covered, for 10-12 mins, until the squash is soft.
2 Meanwhile, cook 375g spinach and ricotta ravioli according to the pack instructions. Drain, reserving a splash of water (about 75ml). Add the pasta and water to the squash and toss to gently coat. Serve, scattered with Parmesan shavings.

TO MAKE ROCKET PESTO Blend a small bunch flat-leaf parsley, 50g rocket, 30g shelled almonds, 5tbsp extra-virgin olive oil, zest of 1 lemon, juice of ½ a lemon and 25g grated Parmesan, plus 3tbsp water.

Lemon chicken open lasagne

Serves 4 • Ready in 25 mins • 372 cals per serving • 19g fat • 3.5g sat fat

1 Heat 2tbsp olive oil in a pan. Add 4 courgettes, halved lengthways and sliced 1cm thick, and cook for 5 mins, until golden. Add 350g tomatoes, chopped, and 2 cloves garlic, crushed. Season and cook for a few mins until the tomatoes break down. Stir in 300g cooked chicken breast, shredded, and warm through until hot. Stir half the pesto into the courgette mix, and heat for 1 min.
2 Cook 6 sheets fresh lasagne, halved, in boiling water for 1-2 mins until just cooked; lift out of water using a slotted spoon. Layer up the chicken mixture between 3 pieces of lasagne. Drizzle over a little pesto.

Smoked salmon pappardelle

Serves 4 • Ready in 15 mins • 438 cals per serving • 14g fat • 3g sat fat

1 Cook 300g pappardelle, linguine or spaghetti, according to the pack instructions. Meanwhile, heat 3tbsp olive oil in a large frying pan, add 5 shallots, finely chopped, and cook over a medium heat until softened. Remove from heat. Put 3tbsp capers, the zest and juice of 2 lemons, 75g rocket and 20g finely grated Parmesan into a food processor. Whizz until quite smooth. Spoon mix into the pan with the shallots.
2 Drain pasta, reserving a splash (3tbsp) of cooking water. Add pasta and reserved water to the sauce, along with 200g smoked salmon, cut into strips. Season and toss together. Scatter with the remaining rocket and serve.

Spicy pepper & chorizo penne

Serves 4 • Ready in 30 mins • 431 cals per serving • 11g fat • 4g sat fat

1 Put 150g chorizo, halved lengthways and thinly sliced, and 2 orange or yellow peppers, deseeded and sliced, in a large sauté or frying pan. Cook over a medium heat until the chorizo begins to release some fat, then increase the heat a little and cook for 5-6 mins, until the peppers have coloured. Stir in a pinch of red chilli flakes, 2x400g cans tomatoes, 1tsp sugar and simmer for 15 mins, until thickened.
2 Meanwhile, cook 300g penne according to pack instructions. Drain and stir into the sauce. Add small bunch flat-leaf parsley, roughly chopped, and a small bunch basil, roughly chopped. Season well and serve.

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New ideas with... veggie dinners

Who says veggie food can't be sexy? Someone, obviously, who's never had the pleasure of eating their way through one of these...

tip If you have any fresh herbs to use up, throw them in for extra flavour!

Stuffed giant mushrooms with feta & herbs

This recipe is a real people-pleaser: mushrooms have a really meaty texture, so carnivores and veggies can both tuck in!

Serves 4 · Ready in 50 mins · 316 cals per serving · 23g fat · 10g sat fat

- 8 large mushrooms, stalks removed
- 100g feta, crumbled
- 40g blanched almonds, chopped
- 50g stale white breadcrumbs
- 1tbsp chopped fresh flat-leaf parsley
- 1tbsp snipped fresh chives
- 2tsp olive oil
- 3tbsp chilled butter, finely cubed
- 6 baby courgettes, halved lengthways
- 100g fine green beans, trimmed
- 4 small leeks, thinly sliced
- 65ml dry white wine
- squeeze of lemon juice, to taste

1 Heat oven to Mark 3/170°C. Put **mushrooms**, gill-side up, in a lightly oiled, ovenproof baking dish. Put the **feta**, **almonds**, **breadcrumbs**, **parsley** and **chives** into a bowl and, using your fingers, quickly combine.

2 Stir in the **oil**, then spoon the mixture into the mushrooms and press down gently. Dot with two-thirds of the **butter**. Bake for 40–45 mins, until mushrooms are soft and the tops golden.

3 Meanwhile, cook **courgettes** and **beans** in boiling water for 1 min, then drain and set aside. 15 mins before mushrooms are cooked, heat remaining butter in a pan, then over a high heat, cook the **leeks** for 2 mins, stirring until softened. Add the **courgettes** and **beans** and cook for 2–3 mins, until tender. Add the **wine** and cook for 1 min, until almost all has evaporated. Add **lemon juice** and season well.

STUFFED MUSHROOMS FROM THE NEW COOKERY BOOK BY ROSS DOBSON PHOTO: KATE WHITAKER. £19.99, RYLAND PETERS & SMALL. SEE OUR SPECIAL BOOK OFFER ON PAGE 161.

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Spring onion & sweetcorn fritters

Makes 14-16 • Serves 4-6 • Ready in 15 mins • 70-50 cals per serving • 3-2.5g fat • 0.5-0.4g sat fat

1 In a large bowl, mix 50g fresh white breadcrumbs, 198g can sweetcorn, drained, bunch spring onions, finely sliced, 4 sprigs mint, leaves roughly chopped, pinch cayenne pepper, 4 medium free-range eggs, lightly beaten and 2tbsp plain flour. Season well.
2 Heat a large frying pan and add 1tbsp sunflower oil. Fry 1tbsp of the onion mixture over a medium-high heat until deep golden, turning once (they should take about 1½ mins each side). Serve hot or warm with a mixed tomato salad.

Pesto butternut squash gratin

Serves 4 • Ready in 50 mins • 944 cals per serving • 82g fat • 32g sat fat

1 Heat oven to Mark 6/200°C. Heat 1tsp olive oil in a pan. Fry 200g pack Cauldron Lincolnshire Veggie Sausages for 5 mins, until lightly browned all over. Cool and slice into chunks. Toss 1 medium butternut squash in a roasting tin with 2tbsp olive oil and a quarter of a whole nutmeg, grated. Cook for 25 mins until nearly tender when tested with a knife.
2 Add sausage and 50g pine nuts; spoon over 150g tub fresh green pesto, then pour over 300ml double cream. Mix together 50g fresh white breadcrumbs, 1tbsp flat-leaf parsley, chopped, and 40g freshly grated Parmesan. Sprinkle over the squash and bake for a further 10-15 mins until golden and bubbling.

Tomato & Brie puff pastry tart

Serves 6 • Ready in 45 mins • 378 cals per serving • 27g fat • 4.5g sat fat

1 Heat oven to Mark 6/200°C. Thinly slice 350g small tomatoes, then put them in a sieve to drain for 10 mins, shaking occasionally. Pat lightly with kitchen paper, then mix with a few sprigs thyme or oregano, leaves only finely chopped, and 4 anchovies. Set aside.
2 Unroll 375g pack ready-rolled puff pastry on to a lightly oiled baking tray. Brush the edges with little milk (about a 3cm border), then lightly turn over the edge of the pastry to form a rim around the sheet. Spread the base with 2tbsp red pesto, then scatter over 175g thinly sliced Brie. Add the tomatoes in a single layer, season, and bake for 20-25 mins until the pastry is cooked.

Best-ever bean & Stilton burgers

Serves 4 • Ready in 20 mins • 614 cals per serving • 21g fat • 7.6g sat fat

1 Heat oven to Mark 6/200°C. Put 200g chestnuts, 2 shallots, peeled and chopped, 400g pinto beans, rinsed and drained, 60g fresh wholemeal breadcrumbs, 1 garlic clove, crushed, 2tsp fresh thyme leaves, a grating of nutmeg and a pinch of cayenne into a food processor. Season and pulse until coarse. Stir in 100g crumbled Stilton, then divide and shape into 4 burgers.
2 Heat 1tbsp oil in a large frying pan and cook burgers over a medium heat for about 2-3 mins on each side until golden. Transfer to an oiled baking tray, and bake for 10 mins. Split and lightly toast 4 ciabatta rolls; add a burger, top with a slice of Stilton, and a spoonful of fresh salsa. Serve with chips.

FEATURE & FOOD STYLING: LUCY JESSOP; PHIL MUNDY & KIM MORPHEW. PHOTOS: CHARLIE RICHARDS; MYLES NEW; IPC IMAGES. PROPS: RACHEL JUKES

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A bit on the side!

Serve with lovely fat chips. Why not cheat with a pack of 'gastro-pub style' handmade chips from M&S – great for soaking up all that gravy.

Easy food for friends

Take the stress out of entertaining with these simple recipes. They look and taste impressive, but are fuss free – guaranteed!

Beef & ale one-pot pie

When does an everyday casserole become a posh pie? When you cook it like this – give it a try, the ready-rolled pastry makes it a cinch.

Serves 6 • Ready in 2½ hrs • 660 cals per serving • 37g fat • 14g sat fat

- ☐ 5tbsp plain flour
- ☐ 900g braising or stewing steak, cut into roughly 4cm (1½ in) chunks
- ☐ 3tbsp vegetable oil
- ☐ 200g bacon lardons
- ☐ 4 sticks celery, string removed without a peeler and chopped
- ☐ 250g small shallots, peeled
- ☐ 150g button mushrooms
- ☐ 4 sprigs thyme
- ☐ 2 bay leaves
- ☐ 4tbsp chopped parsley stalks
- ☐ 350ml ale
- ☐ 150ml beef (or chicken) stock
- ☐ 375g pack Jus Rol ready-rolled puff pastry
- ☐ pie funnel (optional)

1 Heat oven to Mark 4/180°C. Mix the **flour** with a pinch of salt and a twist of freshly ground black pepper, and spread over a large plate. Coat the **beef** with the **flour**. Heat the oil in a large casserole dish and add the beef to brown on all sides (do this in 4 batches, adding a little more oil if it starts to stick). Transfer each batch to a plate.

2 Add the **lardons** to the casserole and fry until crispy; add the **celery** and cook for 1 min then remove to the plate with the beef. Brown the **shallots** and **mushrooms** in the casserole for 4 mins, then add back the beef, lardons and celery. Add the **herbs**, pour over the **ale** and **stock**, cover with a lid and cook in the oven for 1hr 30mins or until the meat is tender.

3 Remove from the oven and set aside to cool a little. Turn oven up to Mark 8/230°C. Unroll the **pastry** and cut out a circle the size of the casserole. Place the pie funnel, if using, in the centre of the pie filling, .

4 Wet the rim of the casserole dish with a pastry brush and mould some of the excess pastry onto it. Lay the pastry circle over the top, pressing the edges to the rim. Cook in the oven for 15mins until the pastry is golden and well risen.

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cut out and keep

Roast pork & crackling with roasted apples & onions

No, it's not ready in a flash, but it's well worth waiting for this juicy joint with ultra-crunch crackling – just open the wine while you wait!

Serves 6 with leftovers • Takes about 2½ hrs, including resting • 566 cals per serving • 24g fat • 7g sat fat

- ☐ **approx 2kg rolled pork loin, skin well scored (ask your butcher for the bones)**
- ☐ **1tbsp cider vinegar**
- ☐ **1tsp flaked sea salt**
- ☐ **400ml cider or white wine**
- ☐ **600ml vegetable or chicken stock**
- ☐ **1tbsp cornflour, mixed to a paste with water**
- ☐ **1tbsp redcurrant jelly**

FOR THE ROASTED APPLES

- ☐ **3 eating apples, sliced into wedges**
- ☐ **1 sweet onion, peeled and sliced into wedges**
- ☐ **3 cloves garlic, bruised with the back of a knife**
- ☐ **2tbsp olive oil**
- ☐ **4 torn sage leaves**

1 Heat oven to Mark8/230°C. Rub the **pork** skin with the **vinegar** and **sea salt**.

2 Put the pork in a roasting tin (sit it on top of the bones if you have them or use a rack). Roast for 30 mins (or until you get a good crackle starting to happen), then reduce the temperature to Mark 3/170°C. Pour half the **cider** and a good splash of hot water into the tin. Continue to roast for 25 mins per 500g. Add the rest of the cider and a splash more water halfway through cooking time.

3 Mix all the **apple ingredients** together in a medium roasting tin and bake for 30 mins, turning occasionally, until tender.

4 Transfer the cooked pork to a carving tray and cover with foil. Rest for 25mins. Spoon the fat from the tin and pour the cooking juices into a pan with the **stock**, **cornflour** and **jelly**. Bring to the boil, reduce the heat and simmer until thickened. Season and serve with the pork and apples.

A bit on the side!

Serve with herby pork stuffing. Mix your favourite sausage meat with chopped shallots, a few breadcrumbs and thyme leaves. Shape into balls and bake until cooked through.

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A bit on the side!

Serve with creamy mustard mash. Add wholegrain mustard, a large knob of butter and a splash of single cream to freshly cooked potatoes and mash until smooth.

Simple spring chicken

Succulent chicken roasted with veg so they take on the yummy garlic and thyme flavours... now that's what you call a winner!

Serves 4 • Ready in 1 hr 30 mins
• 500 cals per serving • 12g fat • 2g sat fat

- ☐ **1kg butternut squash, peeled, deseeded and cut into large chunks**
- ☐ **400g baby shallots, peeled and kept whole**
- ☐ **3 medium leeks, thickly sliced**
- ☐ **small bunch of thyme**
- ☐ **8 garlic cloves, unpeeled**
- ☐ **3tbsp olive oil**
- ☐ **1.8kg free-range chicken**
- ☐ **1 lemon, halved**

1 Put the prepared **vegetables** in a large roasting tin, add half the **thyme** and half the garlic and 2tbsp of the **olive oil**. Season well and toss together.

2 Heat the oven to Mark 6/200°C. Sit the **chicken** on top of the veg. Squeeze half the **lemon** over the **chicken**, then drizzle with the remaining **oil**. Sprinkle the chicken with some thyme, and put the rest in the cavity of the chicken along with the juice from the remaining lemon half and **garlic**. Season the chicken with salt and pepper.

3 Roast the chicken in the oven for 25 mins. Then reduce the temperature to Mark 4/180°C, and roast for a further 40–45 mins until the juices run clear. Leave to rest for 15 mins before carving.

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cut out and keep

Asparagus & hot smoked salmon tart

When you fancy something tasty, but on the light side, you can't go wrong with this little lovely. Bet you'll want another slice though!

Serves 6 • Ready in 35 mins • 366 cals per serving • 23g fat • 11g sat fat

- ☐ **250g British asparagus (approx 15 spears)**
- ☐ **375g Jus-Rol ready-rolled puff pastry, at room temperature**
- ☐ **3 medium, free-range eggs, lightly beaten**
- ☐ **160g hot smoked salmon or trout, flaked**
- ☐ **50ml double cream**
- ☐ **1tsp hot horseradish**
- ☐ **1tbsp chopped fresh dill**

1 Heat oven to Mark6/200°C. Add the **asparagus** to a pan of boiling water for 30 secs–1 min. Drain and run under water until cold. Pat dry with kitchen towel.

2 Unroll the **pastry** onto a lightly oiled or lined baking tray. Score a 1.5cm border around the edge with a sharp knife and, inside this border, prick the pastry all over with a fork. Transfer to the oven for 10 mins. Remove from the oven and reduce the temperature to Mark 4/180°C. Press down the central panel with a fish slice, then brush the border with a little beaten **egg**.

3 Arrange the asparagus in the tart case and scatter the **salmon** over evenly.

4 Pour the **cream** into a measuring jug and add the **eggs**, **horseradish** and **dill**; season well. Beat lightly with a fork to combine. Pour into the tart case.

5 Transfer to the oven for 10–12 mins until just set. Leave to stand for 5–10 mins and serve warm.

A bit on the side!

Serve with a yummy potato salad. Toss cooked new potatoes with mayo, sliced spring onions, chopped capers and a few chopped chives and season well.

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THAI-STYLE FISH RECIPE FROM: *CASUAL ENTERTAINING* BY ROSS DOBSON. PHOTO: KATE WHITAKER (£19.99, RYLAND, PETERS & SMALL). SEE OUR SPECIAL BOOK OFFER ON PAGE 161

A bit on the side!

This tastes fab with fragrant rice. Take a couple of packs of Tilda Coconut, Chilli & Lemongrass rice, follow pack instructions and stir through some chopped coriander.

Thai-style fish with smoky tomato relish

Fragrant and packed with punchy flavours, this is the perfect dish when you've got the girls coming for dinner as it's low in fat, too.

Serves 4 • Ready in 50 mins • 190 cals per serving • 2g fat • 0.5g sat fat

- ☐ **3 ripe tomatoes**
- ☐ **2 large red chillies**
- ☐ **1 whole garlic bulb, unpeeled**
- ☐ **6 shallots, unpeeled**
- ☐ **1tbsp freshly squeezed lemon juice**
- ☐ **2tbsp Thai fish sauce**
- ☐ **4 long stalks of fresh coriander, roots and leaves chopped separately, saving a few for garnish**
- ☐ **4 garlic cloves, chopped**
- ☐ **½tsp black peppercorns**
- ☐ **4x200g white fish fillets (eg cod, hake, haddock or sea bass)**
- ☐ **lime halves or wedges, to serve**

1 Heat the oven to Mark 7/220°C. Put **tomatoes**, **chillies**, **garlic bulb** and **shallots** in a roasting tin and roast for 10–15 mins. Remove from the oven, transfer chillies, garlic and shallots to a bowl and cover (this makes them easier to peel). Return the tomatoes to oven for a further 5 mins, then add to the bowl with the other veg. Cover and leave to cool slightly.

2 Peel the tomatoes and chillies, and put the flesh in a food processor. Squeeze in the soft flesh of the shallots and garlic, too, and blend to make a chunky sauce. Stir in **lemon juice** to taste and half of the **fish sauce**. Set aside.

3 Reduce the oven temperature to Mark 4/180°C. Put the **coriander root** in a mortar with the **garlic cloves**, **peppercorns** and remaining fish sauce. Pound with a pestle to make a paste.

4 Put the **fish fillets** onto a lined baking tray and spread a quarter of the **coriander paste** over each fillet. Cook in the oven for 20 mins. Serve with the relish and lime wedges for squeezing over, and garnish with the reserved coriander leaves.

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Rack of lamb with buttered vegetables

This has to be the ultimate in roasts for springtime – full-of-flavour, easy-to-carve lamb and fresh veggies ready in under an hour.

Serves 4 • Ready in 25 mins + resting time • 390 cals per serving • 24g fat • 11g sat fat

- ☐ 3 bushy sprigs rosemary, leaves only
- ☐ zest of 1 lemon
- ☐ 1tbsp olive oil
- ☐ 1 rack of lamb, English trimmed, with 8 cutlets
- ☐ 500g small carrots
- ☐ 300g baby leeks (or 3 large leeks halved and cut into chunks)
- ☐ 40g butter
- ☐ 1tbsp freshly chopped mint
- ☐ 1tbsp freshly chopped parsley

1 Heat oven to Mark 6/200°C. Mix together the **rosemary**, **lemon zest**, **olive oil** and season well. Rub over the rack of **lamb**.

2 Transfer the rack to a shallow roasting tin. Roast for 25 mins for perfect pink and juicy lamb. If you prefer your meat well done add an extra 10 mins to the cooking time. Remove from oven, cover with foil and leave to rest for 15 mins.

3 Boil the **carrots**, until tender (about 10 mins) and steam the **leeks** for 5 mins, until tender. Mix the **butter** with the **herbs** and season. Drain the veg and mix with the butter in a large pan. Transfer to a serving dish.

tip **For a sauce, boil 300ml chicken stock, 125ml red wine and 1tbsp mint jelly until reduced by half. Whisk in 1tsp cornflour mixed with 2tsp water. Season.**

A bit on the side!

Serve with a creamy dauphinoise. Heat cream and milk together with chopped garlic and rosemary until hot. Layer thinly sliced potatoes in an ovenproof dish, pouring cream over as you go. Season and bake in a medium oven for 1-2 hrs.

FEATURE: LUCY JESSOP. JENNIFER BEDLOE & PHIL MUNDY. PHOTOS: IPC IMAGES.

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How to Truly amazing chocolate!

Easter's just around the corner – so time to whip up some mouth-watering chocolate treats (as if we needed an excuse!). Your diet stops here...

Chocolate bread & butter pudding

Get ahead and prepare this up to 2 days in advance – it'll taste even better for it!

Serves 6-8 • Ready in 1 hr, but prepare at least the day before
• 812-609 cals per serving
• 49-37g fat • 28-21g sat fat

- 175g dark chocolate (70% cocoa), broken into squares
- 80g unsalted butter
- 300ml single cream
- 150ml double cream
- 100ml milk
- 125g caster sugar
- 4 free-range eggs, beaten
- 4tbsp amaretto
- 8 slices white bread (about 400g with crusts), crusts removed and each slice cut into 4 triangles
- 10g (about 2) amaretti biscuits

1 Put the **chocolate**, **butter**, both **creams**, **milk** and **sugar** into a pan. Heat very gently, stirring occasionally, until the chocolate has melted. Remove from the heat and leave to cool for 5 mins. Then beat in the **eggs** and **amaretto** until combined.
2 Pour a ladle of the chocolate custard into a 1.5 litre ovenproof baking dish, then layer up the **bread** triangles, overlapping them and pouring the chocolate custard in as you go. Finish with a layer of chocolate mixture. Press down the bread lightly to make sure the chocolate will cover it all. Leave to cool, cover with clingfilm then chill for at least 24 hours.
3 Heat the oven to Mark 4/ 180°C. Bake uncovered for 30 mins, then sprinkle with crushed **amaretti** and bake for a further 5 mins until crispy on the outside but soft in the middle. Stand for 5 mins then serve with ice cream.

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cut out and keep

Best-ever choc fridge bites

Great for kids – or eat curled up on the sofa watching girly TV!

Serves 16 • Ready in 20 mins + 2 hrs chilling • 252 cals per serving • 16g fat • 8g sat fat

- ☐ 150g each of dark and milk chocolate
- ☐ 100g butter
- ☐ 4tbsp golden syrup
- ☐ 50g dried sweetened sour cherries
- ☐ 50g pitted dates, roughly chopped
- ☐ 75g toasted blanched almonds, roughly chopped
- ☐ 75g digestive biscuits, broken into pieces
- ☐ 100g white chocolate, chopped into chunks

1 Grease and line an 18cm square tin. Put the **chocolate**, **butter** and **syrup** in a bowl. Put over a pan of barely simmering water and allow to melt; stir briefly. Leave to cool for 2 mins.
2 Add two-thirds of each of the remaining ingredients; stir well. Pour into the prepared tin and sprinkle over the remaining ingredients. Chill in the fridge, then cut into squares.

Squidgy double-choc cookies

These are at their best still warm from the oven.

Serves 24 • Ready in 45 mins + chilling time • 231 cals per serving • 12g fat • 7g sat fat

- ☐ 150g dark chocolate, broken into pieces
- ☐ 50g golden syrup
- ☐ 200g butter, at room temperature
- ☐ 225g light soft brown sugar
- ☐ 1 tsp vanilla extract
- ☐ 2 medium free-range eggs
- ☐ 325g plain flour
- ☐ ¾tsp bicarbonate of soda
- ☐ 1tsp baking powder
- ☐ 200g mixed chocolates (white, milk and dark) chopped into 1.5cm chunks

1 Heat oven to Mark 4/180°C. Melt **dark chocolate** and **syrup** together in a bowl over a pan of barely simmering water. Leave to cool slightly. In a large bowl, beat the **butter** and **sugar** until pale.
2 Add the melted chocolate mix, **vanilla** and **eggs**, and whisk. Sift in **flour**, **bicarbonate of soda** and **baking powder** and mix thoroughly. Fold in half the **chocolate chunks**. Chill for 2-3 hours or longer to firm up.
3 Scoop the mixture into balls with a spoon and press out on lined baking trays (leave about 4cms between each). Bake for 10-12 mins, then remove from the oven and press the remaining chocolate chunks gently into each cookie. Return to the oven for 2 mins. Cool on trays for a few mins, before transferring ro a cooling rack.

tip **Chocolate fondants can be tricky – so make sure you use an oven thermometer to get that all-important gooey centre!**

Foolproof chocolate fondants

Serves 6 • Ready in 30 mins • 663 cals per serving • 34g fat • 19g sat fat

1. Heat oven to Mark 4/180°C. Butter 6x175ml pudding moulds, then dust fully with cocoa. In a pan over a low heat, melt together 180g dark chocolate, broken into pieces, and 150g butter. Remove from heat and cool for 5 mins.
2. Stir in 275g caster sugar, then slowly beat in 4 medium eggs, beaten, and ½tsp vanilla extract. Fold in 150g plain flour.
3. Divide the mixture between the moulds. Each should be about two-thirds full. Transfer to a baking tray and bake for 12-14 mins.
4. Remove from oven, leave for 2 mins, then slide a sharp knife around the edge of each to loosen and turn out onto plates.

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Make it easy!
99 really easy recipes for every occasion

Fresh dates make a sticky alternative to cherries – team with pecans for a truly magic combo.

Cherry & walnut brownies

Bored with plain brownies? Just add this genius cherry and walnut twist, then stand back for the stampede...

Serves 10-12 • Ready in 1 hr + 30mins cooling time
• 649-541 cals per serving
• 44-37g fat • 20-17g sat fat

- 350g caster sugar
- 80g cocoa powder
- 60g plain flour
- 1tsp baking powder
- 4 free-range eggs, beaten
- 200g dark chocolate (minimum 70% cocoa), broken into small pieces
- 100g fresh cherries, stoned and halved
- 200g walnut halves
- 250g unsalted butter, melted
- cream or vanilla ice cream, to serve (optional)

1 Heat oven to Mark 3/170°C. Grease and line a 20cm square tin. Put the **sugar** in a large bowl. Sift in the **cocoa powder**, **flour** and **baking powder**.
2 Add the **eggs** and mix until just combined. Stir in the **chocolate** pieces, **cherries** and **walnuts**. Pour the melted **butter** into the chocolate mixture and stir to combine, but don't overmix.
3 Spoon the mixture into the prepared tin and bake for about 45 mins. Leave to cool in the tin for at least 30 mins before cutting into squares. Serve with chilled **cream** or **vanilla ice cream**, if you like.

CHERRY & WALNUT BROWNIES RECIPE FROM *CASUAL ENTERTAINING* BY ROSS DOBSON. PHOTO: KATE WHITAKER (£19.99, RYLAND, PETERS & SMALL). SEE OUR SPECIAL BOOK OFFER ON PAGE 161

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cut out and keep

Chocolate orange tart

The chocolatey biscuit base is great – dead easy and a nice change from using a pastry case.

Serves 10–12 Ready in 50 mins + cooling time • 416–347 cals per serving • 26–22g fat • 14–12g sat fat

- ☐ 75g unsalted butter
- ☐ 100g dark Maya Gold Green & Black's chocolate
- ☐ 225g digestives, whizzed into crumbs
- ☐ 150ml double cream
- ☐ 3 medium, free-range eggs
- ☐ zest of 2 oranges
- ☐ 325g jar orange curd
- ☐ 25g dark chocolate, melted, to decorate

1 Heat oven to Mark 4/180°C. In a pan, gently melt the **butter** and **Maya Gold chocolate** together until liquid. Add the **biscuit crumbs**; mix well to combine. Spoon into the base of a 22cm fluted, round, loose-bottomed tin. Press the crumbs onto the base of the tin and up the sides to form a lip, then put in the fridge to chill.

2 Whisk together the **cream**, **eggs**, **orange zest** and **orange curd**, and pour into the tin.

3 Bake in the oven for 30–35 mins until just set. Leave to cool. Remove from the tin, drizzle with melted chocolate, leave to cool completely and chill in the fridge before serving.

It looks like it came from a posh patisserie, but it's so simple to make – and heaven to eat!

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Chocolate Chelsea buns

Great for weekend brunch – the smell as they bake is amazing

Serves 12 • Ready in 2hrs + soaking time • 185 cals per serving • 6.5g fat • 3.5g sat fat

- ☐ 100g pitted dates, finely chopped
- ☐ 3tbsp brandy (optional)
- ☐ 100g dark chocolate, and 50g milk chocolate, chopped small
- ☐ 250g very strong white bread flour
- ☐ ½tsp salt
- ☐ 2tsp caster sugar
- ☐ 1tsp easy-bake yeast
- ☐ 25g butter, melted
- ☐ 100ml milk, heated to lukewarm (do not boil)
- ☐ 1tsp vanilla extract
- ☐ 1 medium free-range egg

1 Grease a 21x31cm brownie tin. Mix together the **dates** and **brandy**. Set aside for a few hrs, then add the **chocolate**.
2 In a large bowl, mix the **flour**, **salt**, **sugar** and **yeast**. Whisk together the melted **butter**, **milk**, **vanilla** and **egg**, then pour into the flour mixture. Mix with a table knife, bring together with your hands to form a dough then knead on a lightly floured surface for 10 mins until smooth.
3 Roll out the dough on a floured surface to form a rectangle 30x40cm. Spread the date and chocolate filling over the surface. Roll up from long edge to clean long edge to make a roll; cut into 12 slices. Put onto the tin, pressing down lightly with your hand. Cover with lightly oiled clingfilm, and leave somewhere warm to rise for 1 hr or until doubled in size.
4 Heat oven to Mark 5/190°C. Remove clingfilm and bake for 25-30 mins, until golden and cooked through.

Spiced chocolate bread

Serves 16 • Ready in 1 hr 10 mins • 193 cals per serving • 8.5g fat • 5g sat fat

Heat oven to Mark 4/180°C. Grease and line a 20cm-square cake tin. Mix together 225g self-raising flour, 25g cocoa, ½tsp bicarbonate of soda, 1tsp ground cinnamon, ½tsp ground ginger and zest of 1 orange. In a pan, melt together 125g caster sugar, 100g golden syrup and 100g butter. Remove from heat, stir in 150ml milk and 1tsp vanilla essence and leave to cool to room temperature. Pour into the dry ingredients. Mix well, then beat in 1 beaten egg. Fold in 100g dark chocolate chunks. Spoon into the tin and smooth surface. Bake for 45-50 mins until springy to touch. Serve warm, dusted with icing sugar.

tip This makes a delicious hot pud – just serve with lashings of creamy custard.

Pear & chocolate upside-down cake

Repeat after us: pears are healthy, so this is guilt-free!

Serves 6-8 • Ready in 1hr + cooling time • 448-336 cals per serving • 27-20g fat • 13-10g sat fat

- ☐ 4 ripe small pears, peeled, halved and cored
- ☐ 90g butter, softened
- ☐ 90g light muscovado sugar
- ☐ 2 medium eggs
- ☐ 4tbsp milk
- ☐ 75g self-raising flour
- ☐ 125g plain chocolate, melted, plus 25g grated, to serve
- ☐ 50g ground almonds

1 Heat oven to Mark 4/180°C. Grease a 20cm round, loose-bottomed, cake tin. Arrange **pears** in base, cut-side down.
2 In a large bowl, cream the **butter** and **sugar** until fluffy.
3 Gradually beat in the **eggs** and **milk**, with 2tbsp of the **flour**. Stir in melted **chocolate**, then fold in rest of the flour and the **almonds**. Spoon onto the pears, then level the surface.
4 Bake for 40 mins, or until springy. Cool for 10 mins, then turn out onto a plate. Once cool, sprinkle with chocolate.

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Nutty caramel slice

Melt-in-the-mouth shortbread, nuts, chocolate, caramel – what's not to love?

Serves 20–24 • Ready in 50 mins + cooling time • 380–317 cals per serving • 22–18g fat • 13–11g sat fat

- 175g unsalted butter, softened
- 100g caster sugar
- 100g cornflour
- 200g plain flour

FOR THE CARAMEL LAYER

- 150g butter
- 150g light soft brown sugar
- 397g Carnation condensed milk

TO FINISH

- brazil nuts, toasted and chopped
- hazelnuts, toasted and chopped
- 300g milk chocolate

1 Heat the oven to Mark 6/ 200°C. For the shortbread, whisk the **butter** and **sugar** together until pale and fluffy. Add the **cornflour** and **plain flour**. Stir to combine. Gently knead the dough until it comes together to make a ball.

2 Line a 21x31cm brownie tin with baking parchment. Press the dough into the tin until quite smooth. Bake for 20–25 mins until firm and very pale golden.

3 For the caramel, heat all ingredients gently in a heavy-based saucepan until the sugar has dissolved. Continue cooking for about 8 mins, stirring, until it turns a pale caramel colour. Pour on to the biscuit base, then sprinkle with the toasted **nuts**. Leave to set for at least 20 mins

4 Melt the **chocolate**, then pour over the nuts. Leave to cool before cutting into bars.

Nibble the chocolate off the top, then bite through oozy caramel to crisp, buttery biscuit – sensational!

FEATURE & FOOD STYLING: LUCY JESSOP & PHIL MUNDY. PHOTOS: STUART WEST. PROP STYLING: RACHEL JUKES & IPC IMAGES.

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Store-cupboard heroes

Pack your cupboards with a few basics, and never be stuck for last-minute dinner ideas ever again. You won't be tempted to ring for a takeaway, either – saving you £££s and lbs. Result!

TAKE HALF A DOZEN EGGS

Cheesy fridge frittata

If you can crack an egg, you've got this cracked. It's so easy, even kitchen-phobic teens can have a go!

Serves 4–6 • Ready in 50 mins
• 373–249 cals per serving
• 26–17g fat • 12–8g sat fat

- ☐ 1tbsp olive oil
- ☐ 250g cooked new potatoes, sliced
- ☐ 6 spring onions, sliced 1cm thick
- ☐ 150g broad beans, defrosted if frozen
- ☐ few sprigs flat-leaf parsley, roughly chopped
- ☐ 100g Brie, cubed
- ☐ 100g Cheddar, cubed
- ☐ 6 medium, free-range eggs, beaten

1 Heat oven to Mark 4/180°C. Heat **oil** in a medium 20cm ovenproof frying pan. Add **potatoes**, **onions** and **broad beans**; cook for 2 mins, until the onions have softened. Season, stir in the **parsley** and half the **cheese**; pour in the **eggs**, scatter with remaining cheese, and cook for 2 mins. Transfer to oven and bake for 25–30 mins, until set.

2 Cool for 10 mins before serving, or allow to cool then chill for lunchboxes if you prefer.

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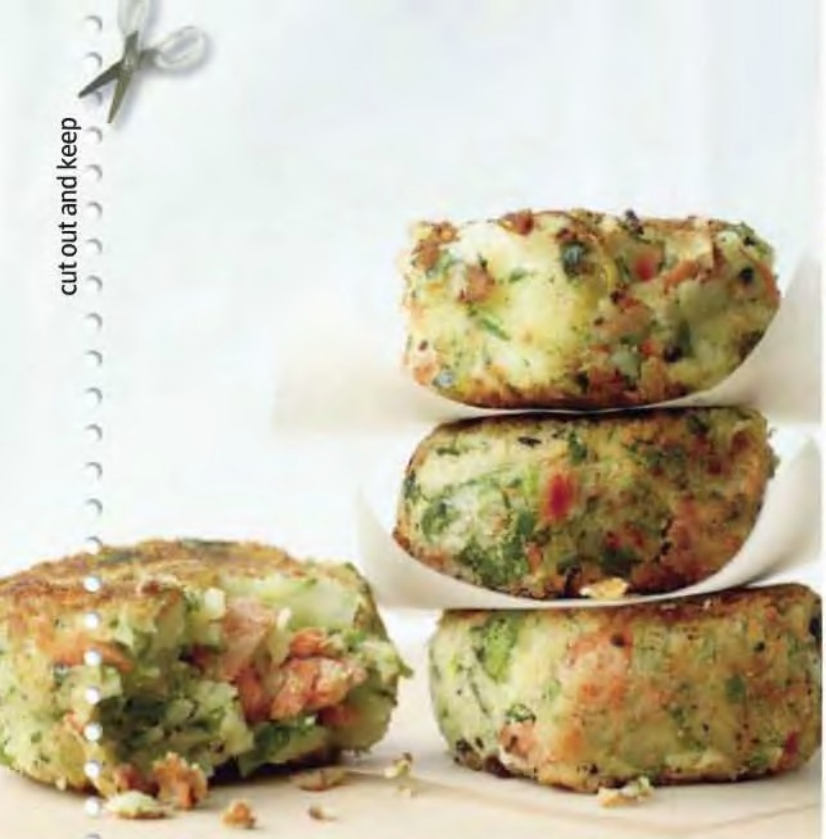


tip Make a quick sauce: Mix 1tbsp hot horseradish and a squeeze of lemon into a 200g tub half-fat crème fraîche.

TAKE A TIN OF SALMON...

Tasty salmon fishcakes

One for all the family: even faddy kids will love it, and it's a great way to use up leftover spuds. Who's a domestic goddess, then?

Serves 4-6 (makes 8 large or 12 medium fishcakes)
- Ready in 30 mins + chilling
- 693-462 cals per serving
- 31-21g fat • 5-3g sat fat

- ☐ 1kg potatoes, peeled and cut into chunks
- ☐ 2x213g cans salmon, drained
- ☐ ½100g bag rocket, watercress and spinach salad, shredded
- ☐ zest of 1 lemon
- ☐ 1 large, free-range egg, beaten with a splash of water
- ☐ 150g fresh breadcrumbs
- ☐ 100ml olive oil

1 Put the **potatoes** in a pan of cold salted water, bring them to the boil and cook for 15 mins until soft. Drain and mash with salt and black pepper and set aside to cool.
2 In a bowl, mix the potatoes, **salmon**, **salad leaves** and **lemon zest**. Make 8 (or 12) equal-sized portions and mould into patties. Leave in the fridge for 30 mins to firm up.
3 Dip each patty into the **egg**, then into the **breadcrumbs**. Heat the **oil** in a large pan until hot and cook in batches over a medium heat for 5 mins on each side until golden and hot all the way through.

TAKE A BAG OF COUSCOUS

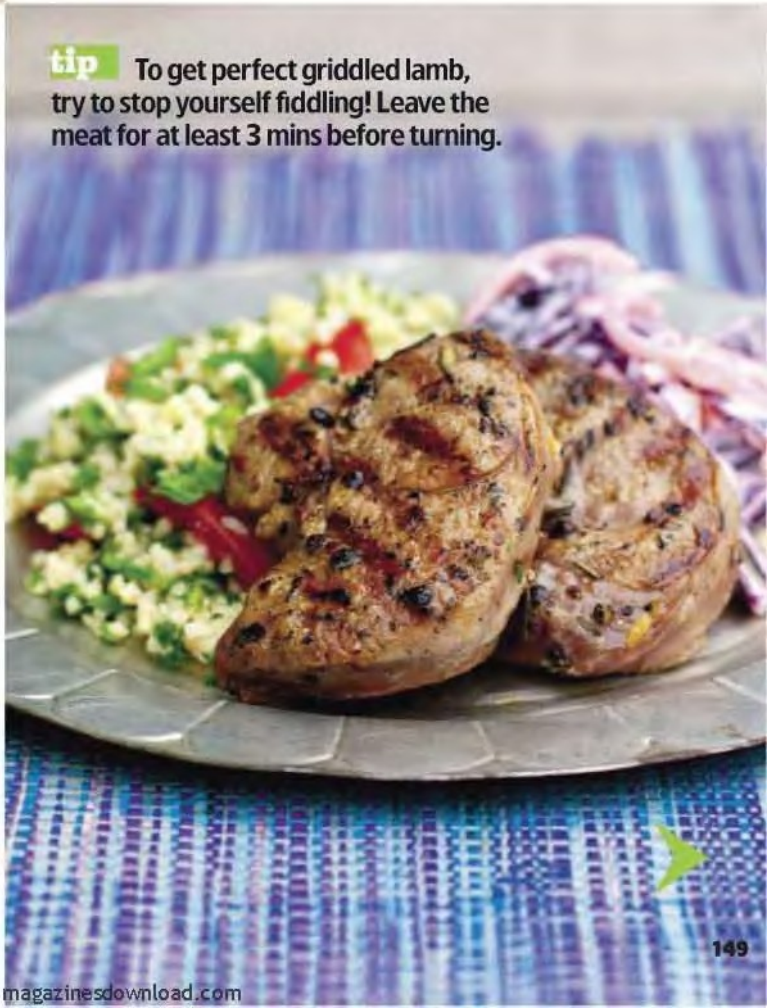
Lemon & rosemary lamb with spiced couscous

Couscous is a fab fast-food ingredient. Just add spices, herbs, nuts and seeds for flavour, and you're good to go!

Serves 4 • Ready in 25mins
- 392 cals per serving
- 16g fat • 6g sat fat

- ☐ 1tsp Maldon salt
- ☐ 1tsp black peppercorns
- ☐ 3 stalks of rosemary, leaves only
- ☐ zest of 1 lemon
- ☐ 1tbsp olive oil
- ☐ 4x150g lamb leg steaks
- ☐ 220g couscous
- ☐ 1tsp Ras el hanout (Morrocan spice mix)
- ☐ 250ml hot veg stock
- ☐ small bunch of fresh mint, leaves only

1 Put the **salt**, **peppercorns**, **rosemary** and half the **lemon zest** into a pestle and mortar, and bash until well combined. Stir in the **oil**. Rub over the **lamb steaks** and leave covered in the fridge until ready to cook.
2 Put the **couscous** in a large bowl, stir in the **spice mix** and remaining lemon zest, pour the **stock** over, cover and leave for 5 mins to absorb. Stir through the **mint** and season to taste.
3 Heat a griddle pan until hot, add the lamb and cook for 3-4 mins on each side until cooked to your liking. Rest for a few mins before serving with the couscous.



tip To get perfect griddled lamb, try to stop yourself fiddling! Leave the meat for at least 3 mins before turning.

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TAKE A TIN OF MUSHROOM SOUP

Chicken & mushroom pot pies

It's faff-free, filling and tastes utterly fantastic. This pie deserves an award for services to womankind!

Serves 4 • Ready in 40 mins • 465 cals per serving • 25g fat • 9g sat fat

- ☐ 1 leek or onion, thinly sliced
- ☐ 1tbsp sunflower oil
- ☐ ½tsp dried tarragon
- ☐ 100ml white wine
- ☐ 410g can condensed mushroom soup
- ☐ 250g cooked chicken (leg meat is ideal), shredded
- ☐ 125g petits pois, defrosted
- ☐ 1tbsp wholegrain mustard
- ☐ 250g puff pastry
- ☐ 1 free-range egg, beaten

1 Heat oven to Mark 7/210°C. In a pan, fry **onion** or **leek** in **oil** for 5 mins until soft. Add **tarragon** and **wine**; increase heat and boil until reduced by half. Add **soup**, **chicken**, **peas** and **mustard**; heat to a simmer, then divide between 4x300ml capacity ovenproof pots.

2 On a lightly floured surface, roll out **pastry** to the thickness of a £1 coin. Cut out 4 lids, 3cm larger than the pots. Brush a little **egg** around the rim of each pot, add a pastry disc and lightly firm overhang onto sides. Brush the pastry with egg, cut in an air vent and put pies on a baking tray. Bake for 15-20 mins until the pastry is deep golden.

Love it! A little pot of gorgeousness crowned with flaky pastry – any white wine left?

tip Make it large – bake this in a big pie dish and just add 5-10 mins to total baking time.

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tip Swap the Brie for creamy goats' cheese, and the sun-blush tomatoes for mushrooms.

TAKE A BAG OF RICE...

Brie and sun-blush tomato risotto

The perfect 'no-need-to-shop' supper, this ticks all the boxes: creamy, comforting and so tasty with a chilled glass of wine.

Serves 4 • Ready in 40 mins
• 537 cals per serving
• 19g fat • 7g sat fat

- ☐ 1tbsp olive oil
- ☐ knob of butter
- ☐ 1 onion, finely chopped
- ☐ 4 cloves garlic
- ☐ 300g carnaroli risotto rice
- ☐ 125ml glass white wine
- ☐ 1-1.2 litre vegetable or chicken stock
- ☐ 75g jar sun-dried or sun-blush tomatoes in olive oil, drained and chopped
- ☐ 100g creamy French Brie, sliced
- ☐ small handful basil leaves

1 In a heavy-based pan, gently heat the **oil** and **butter**. Add the **onion** and **garlic** and cook gently for 6-8 mins until soft. Stir in the **rice** and cook for 2-3mins, stirring, until the grains begin to turn translucent.
2 Increase the heat and pour in the **wine**. Cook for 2 mins or until absorbed. Add the **stock** a ladle at a time, stirring, allowing the rice to absorb each ladleful before adding the next. This should take about 15 mins.
3 The rice should be creamy, but with bite. Stir in the **tomatoes**, half the **Brie**, all the **basil** and season. Put a lid on, remove from heat and leave for 2 mins. Serve with remaining Brie.

TAKE A PACK OF DRIED NOODLES

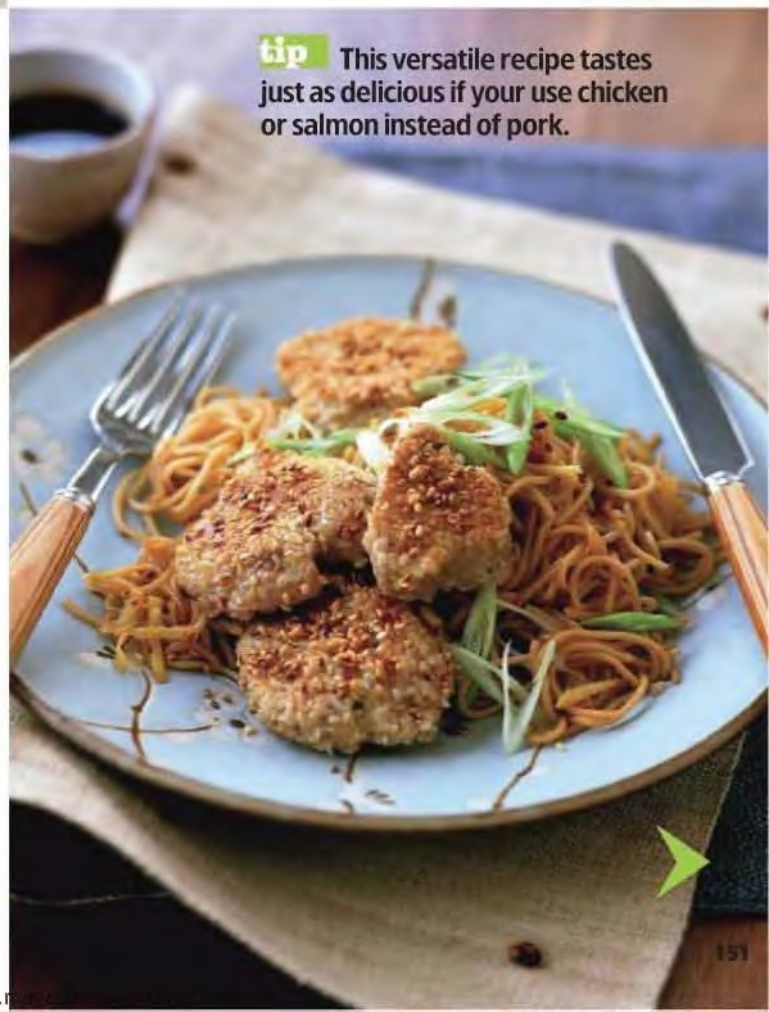
Sesame pork with ginger noodles

Tastes zillions times better than takeaway fare and much more filling, too (so no waking in the early hours with a grumbling tum!).

Serves 4 • Ready in 25 mins
• 643 cals per serving
• 26g fat • 6g sat fat

- ☐ 4tbsp dark soy sauce
- ☐ 500g pork tenderloin, sliced into 1cm thick pieces
- ☐ 4tbsp sesame seeds
- ☐ 2tbsp olive oil
- ☐ 2.5cm ginger, peeled and finely chopped
- ☐ 350g fine egg noodles
- ☐ a few spring onions, finely sliced

1 Drizzle 2tbsp of the **soy sauce** over the **pork** pieces. Tip the **sesame seeds** onto a large plate and press them evenly onto both sides of the meat.
2 Heat the **oil** in a frying pan and cook the pork for 5 mins on each side. Remove the pork and keep warm. Fry the **ginger** in the pan for 2 mins.
3 Cook the **noodles** according to pack instructions, drain and add to the pan along with the remaining soy sauce, sprinkle with some **spring onions** if you like, and serve with the pork.



tip This versatile recipe tastes just as delicious if your use chicken or salmon instead of pork.

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TAKE SOME TINNED TOMATOES...

Spicy tomato & vegetable layer bake

You'll score extra Brownie points for packing the family with a hefty dose of their 5-a-day.

Serves 4 • Ready in 1 hr
• 530 cals per serving
• 31g fat • 11g sat fat

- ☐ 2x400g cans chopped tomatoes
- ☐ 1tsp dried oregano
- ☐ ½tsp chilli flakes
- ☐ 1tsp sugar
- ☐ 2 cloves garlic, peeled and crushed
- ☐ 3 medium courgettes, sliced diagonally about ½cm thick
- ☐ 2tbsp olive oil
- ☐ 750g potatoes, peeled and sliced about ½cm thick
- ☐ 290g jar flame-roasted peppers, drained and patted dry on kitchen paper
- ☐ 100g goats' cheese
- ☐ 150g mozzarella, torn into chunks
- ☐ 1tbsp pine nuts

1 Heat oven to Mark 6/200°C. Simmer the **tomatoes**, **oregano**, **chilli**, **sugar** and **garlic** in a large pan for 15 mins, until reduced by a third. In a large frying pan, fry **courgettes** in **oil** (in 2 batches if necessary) until golden.

2 Meanwhile, boil the **potatoes** for 6–8 mins until almost tender. Drain well. Slice **peppers** into large pieces and mix with the potatoes and courgettes.

3 Spoon a quarter of the sauce into a large ovenproof dish; add the vegetables, **goats' cheese** and sauce in alternate layers, finishing with sauce. Top with **mozzarella** and sprinkle **pine nuts** over. Cover loosely with foil and bake for 30 mins; uncover and cook for a further 10 mins.

Delicious, rich Mediterranean flavours in an all-in-one dish – that's supper sorted!

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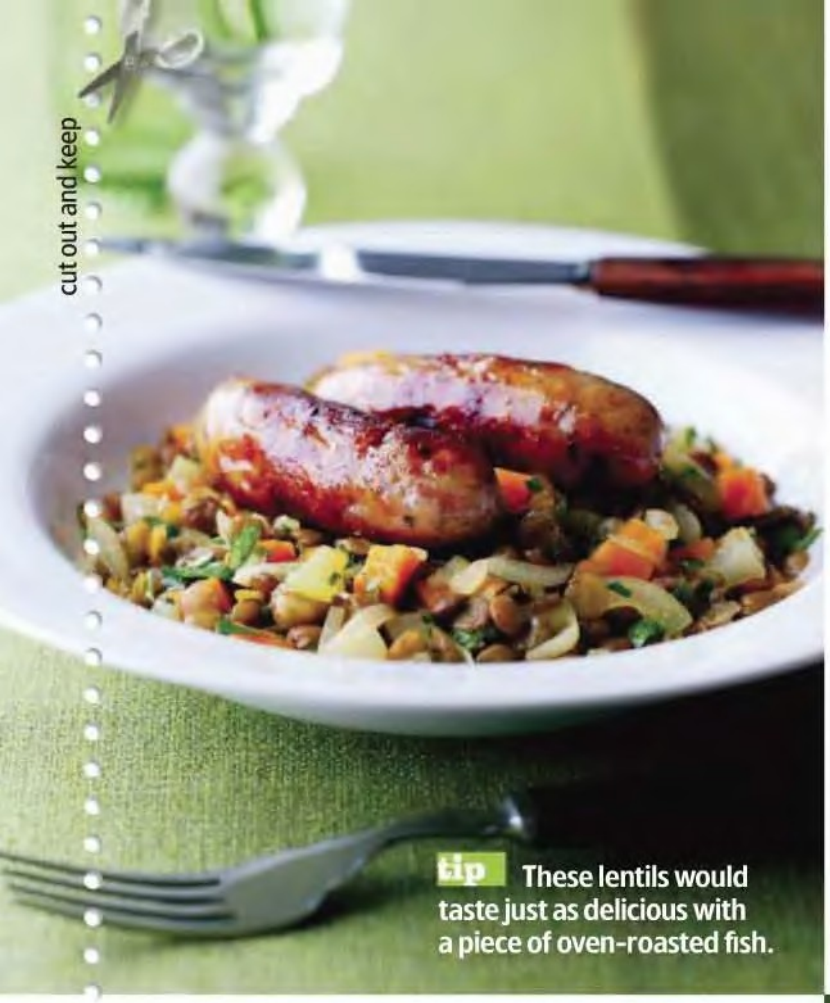


tip These lentils would taste just as delicious with a piece of oven-roasted fish.

TAKE A TIN OF LENTILS...

Speedy sausages with quick green lentil & celery stew

A low-carb, lower-cal alternative to your traditional bangers and mash – but no less delicious for it.

Serves 4 • Ready in 30 mins
• 430 cals per serving
• 30g fat • 5g sat fat

- ☐ 8 Cumberland sausages
- ☐ 1 onion, sliced
- ☐ 2 sticks celery, chopped
- ☐ 1 carrot, chopped
- ☐ 2 garlic cloves, finely chopped
- ☐ 1tbsp olive oil
- ☐ 1tsp dried rosemary or 2 sprigs of fresh
- ☐ 410g can green lentils, drained and rinsed
- ☐ 150ml chicken stock
- ☐ 25g butter
- ☐ 1tbsp chopped flat-leaf parsley

1 Heat the oven to Mark 6/ 200°C. Put the **sausages** in a roasting tin and cook in the oven for 20–30 mins, until cooked through.
2 Fry the **onion**, **celery**, **carrot** and **garlic** in the **olive oil** until tender. Add the **rosemary** and **lentils**, along with a little **stock**. Season well and allow to heat through for 5 mins.
3 Pour the remaining stock over the lentils and add the **butter** and **parsley**. Serve the sausages with the lentils.

TAKE A TIN OF TUNA...

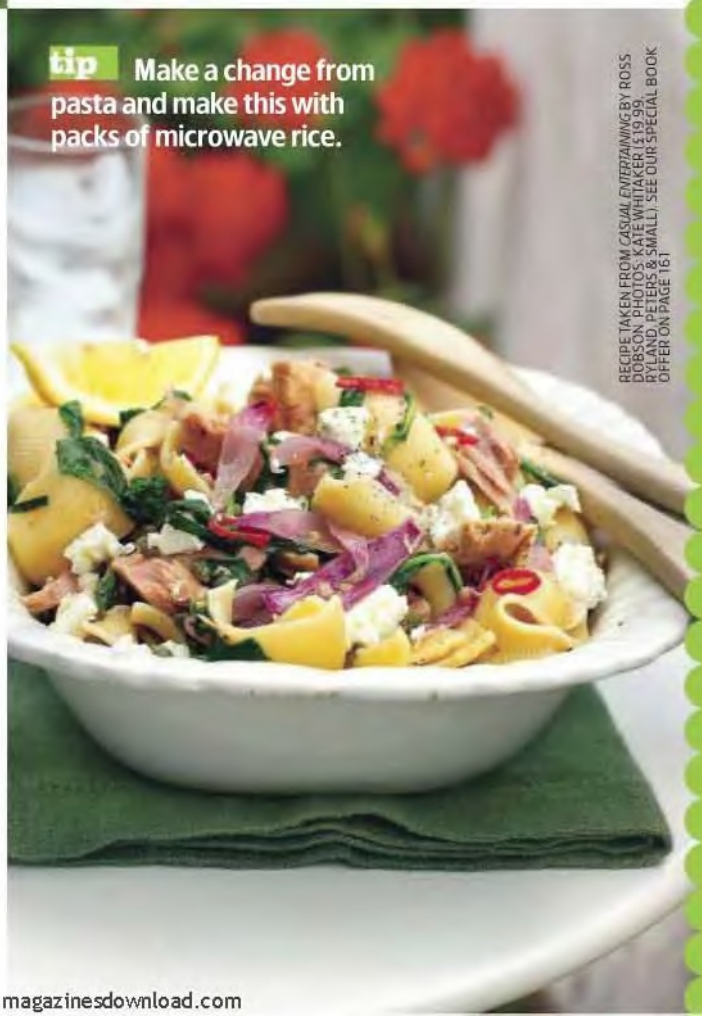
Pasta salad with tuna, chilli & rocket

Just 20 mins stands between you, a can of tuna and a fab family meal. And if you have any left over (unlikely!) it's just as tasty cold.

Serves 4 • Ready in 20 mins
• 684 cals per serving
• 25g fat • 5g sat fat

- ☐ 400g large dried pasta shells, such as lumaconi
- ☐ 65ml olive oil
- ☐ 2 red onions, finely chopped
- ☐ 2 garlic cloves, finely chopped
- ☐ 1 large red chilli, deseeded and finely chopped
- ☐ 2tbsp small salted capers, rinsed
- ☐ 1tbsp red wine vinegar
- ☐ 400g can tuna chunks in oil, well drained
- ☐ 50g feta cheese, crumbled
- ☐ 50g wild rocket
- ☐ lemon wedges, to serve

1 Cook the **pasta** according to pack instructions. Drain well and add 1tbsp of the **oil**. Transfer to a large bowl.
2 Heat remaining oil in a large frying pan on a high heat. Add the **onions**, **garlic**, **chilli** and **capers** and cook, stirring, for 2–3 mins, until the onion has softened. Add the **vinegar** and cook for 1 min more. Add the **tuna** and use a fork to roughly break up any larger chunks, without mushing the tuna.
3 Add the tuna mixture to the bowl with the pasta. Add the **feta** and **rocket** and gently toss to combine. Season to taste. Serve warm or cold with lemon wedges to squeeze over.



tip Make a change from pasta and make this with packs of microwave rice.

RECIPE TAKEN FROM *CASUAL ENTERTAINING* BY ROSS DOBSON. PHOTOS: KATE WHITAKER | £19.99, RYLAND, PETERS & SMALL). SEE OUR SPECIAL BOOK OFFER ON PAGE 161

FEATURE: LUCY JESSOP & PHIL MUNDY. FOOD STYLING: KIM MORPHEW. PHOTOS: MYLES NEW. PROPS: RACHEL JUKES

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tip Make yourself an Easter tipple! Put lots of ice in a tall glass, pour in a glass of white wine, then top up with sparkling apple juice and a sprig of mint. Cheers!

Make the most of your Easter weekend

It's your first long weekend break of the year, so get the family together to relax over a fabulous Easter roast – our menu is easy, stress-free and delicious!

ALL RECIPES SERVE 6 UNLESS OTHERWISE STATED

MAKE IT REALLY SPECIAL

Enjoy making your table look springtime fresh by choosing your prettiest tableware and having fun with all the creative touches. Team soft pastels with your best crisp linen and a vase of fresh flowers to match – and don't forget the dainty dishes of mini chocolate eggs!

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cut out and keep

tip Hold the lamb bone and carve slices downwards, moving around the joint.

New twist on a classic

Everyone loves a roast dinner – and you can't beat juicy spring lamb for taste

TURN THE PAGE FOR RECIPE

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Main

Succulent roast lamb with herby garlic stuffing

Once this delicious roast is in the oven, it looks after itself – so you can get on with socialising!

Ready in 2 hrs 30 mins • Serves 6 with leftovers • 525 cals per serving • 30g fat • 10g sat fat

- ☐ 1.8kg bone-in leg of lamb

FOR THE STUFFING

- ☐ 3 shallots, peeled and finely chopped
- ☐ 30g fresh breadcrumbs
- ☐ 20g toasted pine nuts
- ☐ 2 sprigs rosemary, leaves only, chopped
- ☐ 4 sprigs thyme, leaves only
- ☐ 2tbsp extra virgin olive oil

FOR THE RUB

- ☐ 2 sprigs rosemary, leaves only
- ☐ 3 cloves garlic, roughly chopped
- ☐ pared zest 1 lemon, cut into 3cm strips
- ☐ 4 sprigs thyme, leaves only
- ☐ 2tbsp extra virgin olive oil

FOR THE GRAVY

- ☐ 1tbsp redcurrant jelly
- ☐ 300ml lamb stock or water
- ☐ 125ml red wine
- ☐ 1tsp cornflour, mixed with 2tsp cold water

1 Heat oven to Mark 5/190°C. Starting at the fat end, use a sharp knife to make a pocket inside the **lamb**, cutting the meat away from the bone.

2 Mix together stuffing ingredients, season well, then stuff into the pocket. Transfer the lamb to a large roasting tin.

3 For the rub, bruise the **herbs** and **garlic** in a pestle and mortar, then rub over the lamb. Cover very loosely with foil and roast for 1 hr 30 mins. Uncover and cook for a further 30 mins. (If you prefer your lamb less pink, cook for an extra 20 mins). Remove from the oven, cover with foil and leave to rest for 20 mins.

4 Skim the fat off the meat juice and discard, then transfer the meat juices to a pan. Set over a medium heat and stir in the **redcurrant jelly**. Add the **wine**, **stock** and **cornflour** and bring to the boil. Simmer for 5–10 mins until thickened. Check the seasoning and serve with the lamb.

Starter

Posh baked eggs with spinach & mushrooms

So easy, so cheap and it looks so classy – how's that for a stress-free starter!

Ready in 30 mins • 250 cals per serving • 21g fat • 11g sat fat

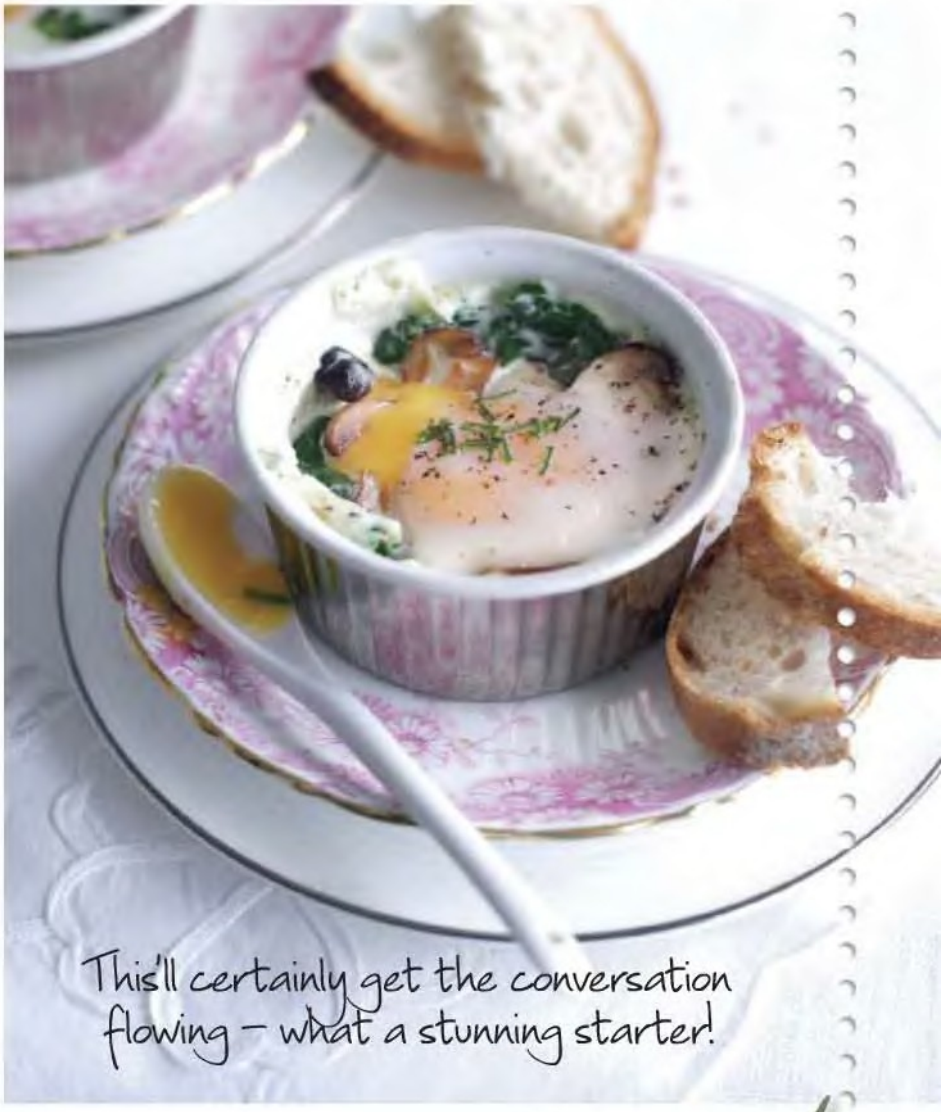
- ☐ 40g butter
- ☐ 300g mushrooms, sliced or quartered
- ☐ 175g spinach, washed
- ☐ 3tbsp dry sherry
- ☐ grating fresh nutmeg
- ☐ 6tbsp double cream
- ☐ 6 large, free-range eggs
- ☐ 1tbsp finely chopped chives

1 Heat oven to Mark 5/190°C. Heat the **butter** in a large deep frying pan; add the **mushrooms** and fry for 8–10 mins, until deep golden. Season well.

2 Add the **spinach** to the pan and cook, stirring, until wilted and the water has evaporated. Add the **sherry** and cook for a further 2 mins until dry.

3 Stir in the **nutmeg**, then spoon into 6 buttered 150ml ramekins. Pour 1tbsp **cream** over each, then crack in an **egg**.

4 Put the ramekins into a baking dish or roasting tin, then pour boiling water into the dish, so it comes about 2cm up the sides of the ramekins. Bake for 10–15 mins, until the egg white is set, but the yolk is still runny. Remove ramekins from the dish immediately to prevent further cooking. Garnish with **chives** and serve with French bread.



This'll certainly get the conversation flowing – what a stunning starter!

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cut out and keep

tip Short on time? Cheat a little by using a jar of rocket pesto for the sauce for your mini roasties.

CREAMY BAKED FENNEL & PANCETTA

Ready in 45 mins • 160 cals per serving • 16g fat • 8g sat fat

Heat oven to Mark 5/190°C. Arrange 3 medium fennel bulbs, sliced thickly, in a baking dish. Add 2 cloves garlic, thinly sliced, and drizzle with 1tbsp olive oil. Bake for 20 mins. Remove from the oven and drape 70g pancetta slices over. Season and pour 125ml double cream over. Bake for 20 mins more until fennel is tender.

MINI ROASTIES WITH WATERCRESS & GARLIC SAUCE

Ready in 1 hr • 250 cals per serving • 15g fat • 2g sat fat

Heat oven to Mark 5/190°C. In a roasting tin, mix together 1kg small new potatoes, 2tbsp olive oil and 1 clove garlic, thinly sliced; season well. Roast for 50 mins-1 hr until tender and golden. In a food processor, pulse together 150g watercress, 4tbsp extra virgin olive oil, 1 clove garlic, crushed, 25g toasted pine nuts and the juice of ½ lemon, until coarsely chopped. Stir into cooked potatoes and serve.

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No-effort veg dishes are just what you need for relaxed entertaining, and these are full of tasty spring flavours

THYME & BUTTER-ROASTED BABY CARROTS

Ready in 1 hr • 90 cals per serving • 6g fat • 3.5g sat fat

Heat oven to Mark 5/190°C. In a roasting tin, mix together 500g Chantenay or baby carrots, few sprigs of thyme, leaves only, 40g butter and 2tbsp honey, and season well. Roast for 50 mins-1 hr, turning occasionally until tender and deep golden.

More on the side...

FRESH 'N' MINTY BABY LEEKS & PEAS

Ready in 15 mins • 107 cals per serving • 7g fat • 4g sat fat

Melt 40g butter in a large sauté pan. Add 250g baby leeks, cover and cook for 5 mins, stirring occasionally, until almost tender. Add 350g peas, defrosted, season well, re-cover and cook for 2 mins more. Stir through a small bunch roughly chopped mint (leaves only) and season to taste before serving.

And to drink...

For a crisp white, try Paul Mas Estate Single Vineyard Collection Viognier 2009 (£8.99, or £5.99 each if you buy two, Majestic) Full of ripe apricot and peach, with refreshing acidity.

Paul Mas Estate Single Vineyard Collection Syrah Viognier 2008 (£8.99, Majestic) with spicy bramble fruit and ripe fine-grained tannins, is perfect with roast lamb.

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tip If your chocolate cake ganache separates, just stir in 1-2tbsp of cold milk – and hey presto, it's back!

And now for dessert...

Oh-so-naughty chocolate fudge cake

It's Easter, it's a holiday, so it's only right you should indulge in a yummy, squidgy cake!

Ready in 50 mins, + cooling • Serves 8-12 • 690-460 cals per serving • 49-32g fat • 30-20g sat fat

FOR THE CAKE

- ☐ 150g unsalted butter, at room temperature
- ☐ 150g light muscovado sugar
- ☐ 40g cocoa
- ☐ 150g self-raising flour
- ☐ 1tsp baking powder
- ☐ ½tsp bicarbonate of soda
- ☐ 2 medium, free-range eggs
- ☐ 1tsp vanilla extract
- ☐ 142ml soured cream
- ☐ 2tbsp golden syrup

FOR THE GANACHE

- ☐ 250ml double cream
- ☐ 250g dark chocolate such as Bournville

TO DECORATE

- ☐ 1 chocolate flake, crumbled
- ☐ 120g tub mini eggs

1 Heat oven to Mark 4/180°C. Grease and line 2x18cm sandwich tins. Beat together the **butter** and **sugar** until pale. In a separate bowl, sift the **cocoa**, **flour**, **baking powder**, **bicarbonate of soda** and a pinch of salt; mix well. Add to the creamed butter and sugar.

2 In a jug, whisk the **eggs** with **vanilla**, **soured cream** and **syrup**. Pour over the dry ingredients and beat together.

3 Divide the mixture equally between the tins. Bake for 20-25 mins until springy. Leave to cool for a few mins, then transfer to racks to cool completely.

4 For the ganache, put the **cream** and **chocolate** into a bowl over barely simmering water. Heat gently until the chocolate has melted. Remove from the heat and stir briefly, until combined and smooth (don't overstir). Allow to cool for 1 hr, or until thick enough to spread. Use slightly less than half to sandwich the cakes together. Spread remaining ganache over the cake, then decorate with **flakes** and **mini eggs**.

FEATURE & FOOD STYLING: LUCY JESSOP & PHIL MUNDY PHOTOS: MAJA SMEND PROP STYLING: RACHEL JUKES

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Best-ever kitchen essentials

Some kitchen gadgets are just too gadgety – but some, like these ones, really do make our lives easier....

THE MOST TALENTED MIXING BOWLS

As well as looking gorgeous, there's a size for every task in this set and each one has a pouring lip so no more messy work surfaces – oh, and they can even go in the oven... genius.
Mixing bowls, £25 for three, Jme Collection.

THE PERFECT POTATO PEELER

A razor-sharp blade, comfy handle, wafer-thin peelings and bargain-bin price – it's got it all.
OXO Good Grips Y Peeler, £5.

THE MULTI-TASKING TONGS

The 10-in handles allow you to do all sorts of cheffy tasks, from BBQ-ing to serving pasta, while the heat-resistant ends won't damage your non-stick pans – brilliant!
Mastrad tongs, £11.99.

THE TIMELESS SCALES

Still a best-seller, they're easy to read, easy to use, easy to clean and easy on the eye.
Typhoon vintage scales, £27.50.

THE ALL-SINGING, ALL-DANCING GRATER

With no less than six grating options in one neat little block, this caters for all your imaginable grating needs and features an ergonomic handle. too.
Six-sided grater, £15, Jme Collection.

THE QUICK-AS-A-FLASH GARLIC CRUSHER

All garlic crushers do just that, crush, but you still have to peel the clove first. Unless you buy this... yep, it peels the garlic, too.
Zyliss Easy Peel Garlic Press, £11.99, Lakeland.

THE MUST-HAVE FRYING PAN

It's non-stick, heavy-based, a good size for family meals and a cinch to clean, plus it has a lifetime guarantee. But the really clever bit is that it even tells you when it's hot enough to begin cooking!
Tefal Selective 28cm fry pan, £18.

THE INCREDIBLE-VALUE SCISSOR SET

Three cut-through-anything sharp, stainless steel, dishwasher-safe pairs of scissors – and with change from £1.
Trojka scissors set, 69p, Ikea.

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THE 'I'VE-ARRIVED' MIXER

It's iconic and versatile, and if you really want your domestic goddess status taken seriously, just close your eyes, hand over the cash and think about the show-off dishes you'll be whipping up!
KitchenAid Artisan Stand Mixer, £389.

THE NO-SWEAT WINE OPENER

It slices through the foil, plunges into the cork and pops it out in seconds – all with zero elbow grease.
Bar Craft Connoisseur Lever-Arm Corkscrew, £17.25, Dig Your Home.

THE LIFE-LONG CASSEROLE POT

If you want the epitome of style, excellence and longevity when it comes to your cookware, invest in a cast-iron pot. This one has all the benefits of a certain well-known brand, but with a cheaper price tag.
Linea 25.5cm round casserole pot, £70, House of Fraser.

Designer looky-likey

THE CLEVER CLOGS MATS

Heat-resistant and non-slip, use these mats under hot pans to protect a surface or to stop a mixing bowl slipping, or even to open a stubborn jar.
Le Creuset Silicone Multimats, £5 each.

THE ULTIMATE COFFEE MAKER

Compact and chic, it warms up quickly, is almost maintenance-free – there's hardly anything to clean (hooray!) – and, most importantly, the coffee's yum.
Magimix M190 Citiz Automatic Nespresso Coffee Maker, £149, John Lewis.

THE FINEST MASH MASHER

The unique mashing plate pushes your spuds out to the side, rather than up through the holes, so no clumping and smoother mash every time.
Spudski, £11.50, Black + Blum.

essentials READER OFFER

essentials readers can buy *Breakfast & Brunch* by Tonia George for the special price of **£14.99**, inc p&p (rrp £16.99). Just call Macmillan Direct on **01256 302 699** and quote reference **GLR 2HG.**

You can buy a copy of *Casual Entertaining* by Ross Dobson for the special price of **£17.99**, inc p&p (rrp £19.99). Call Macmillan Direct on **01256 302 699**, and quote ref **GLR 2HF.**

For stockists, see page 167

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